The pride of North Carolina's electric cooperatives

Volume 48, No. 6, June 2016

Carolina COU

Helping Communities Thrive

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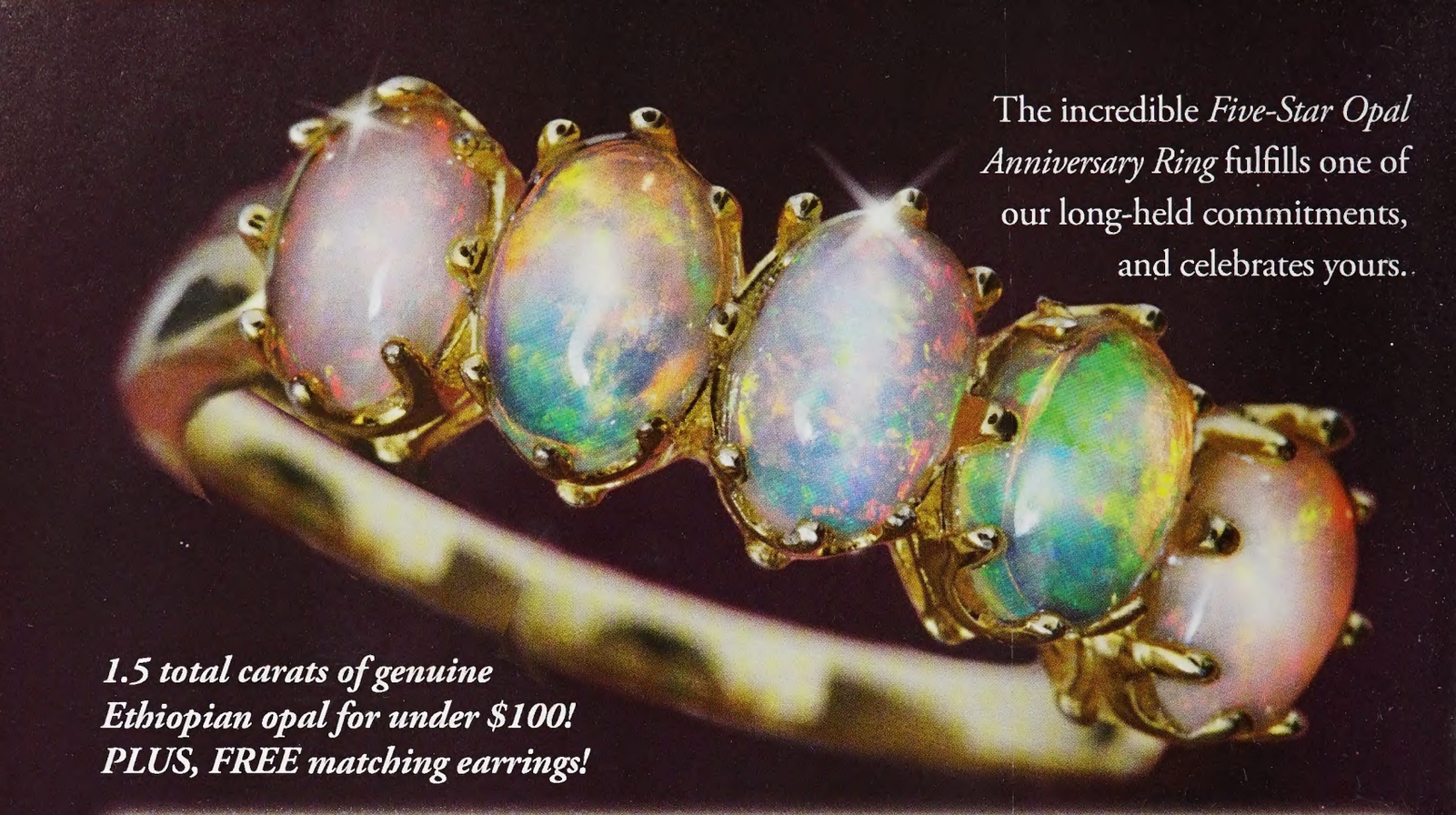
Discovering caves, falls and cheeses—page 33



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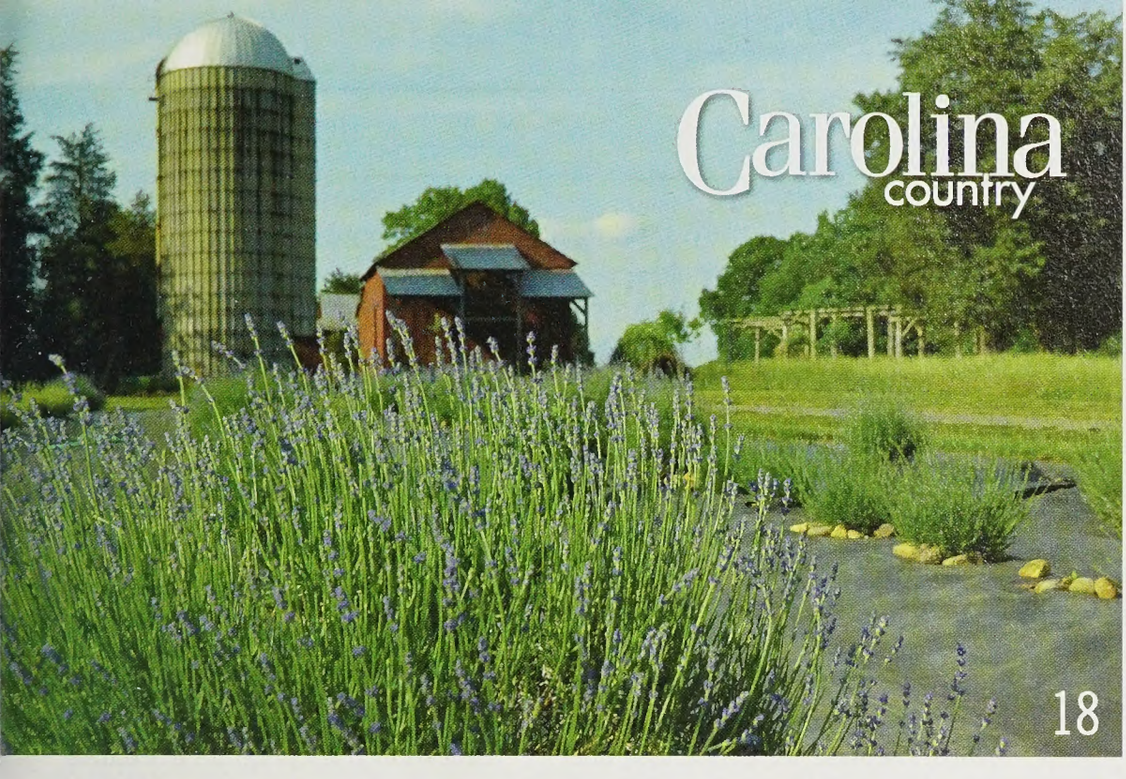

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Ajarie Holman, children's coordinator at Gunn Memorial Public Library in Yanceyville. Read about the library's expansion plans and other cooperative-supported projects on page 12. (DeCarlo Photography)

Carolina country

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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $5 per year.

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Empowering the Communities We Serve

By Susan Flythe

I have a rewarding job. Like others working for the 26 electric cooperatives across the state, I walk into the office every day knowing that whatever may be on my plate will ultimately better my community. Because as unique as each electric co-op is in North Carolina, we all operate under the same set of cooperative principles, including one of my favorites: "Concern for Community."

Electric co-ops are built from their core to serve the needs of their members. Providing safe, reliable, affordable and environmentally responsible electric service is a big part of that, of course, but a wide range of programs and initiatives are in place to simply better the communities that we all call home.

I was reminded of many of these while attending the 2016 statewide Annual Meeting in Raleigh last month. The meeting provided the leaders of electric co-ops across the state an opportunity to compare notes and discuss issues important to us and our members back home. There were business meetings—an important part of the democratic process that flows from the national level on down to your local boards of directors—and updates from our statewide association and national partners.

But what made everyone in that room most proud were the updates and announcements on how electric co-ops are empowering the communities we serve. For one, we heard from past Youth Tour participants, three of whom were awarded scholarships to help them as they enter universities next fall. In hearing them speak, it was clear how important the co-op sponsored Youth Tour program was to their own personal development, providing an opportunity last summer to visit Washington, D.C., with more than 40 of their peers from across North Carolina. They toured museums and historic sites, but they also met with their representatives in Congress and witnessed democracy in action.

We also learned how schools across the state are using the Bright Ideas education grant program in exciting ways. From campus gardens to music programs and international outreach, these projects are making a real difference in K–12 classrooms. Since the Bright Ideas program began in 1994, North Carolina's electric cooperatives have awarded $10.2 million to sponsor 9,800 projects benefiting 2 million students. You likely know one of these students, or perhaps you were one yourself.

Another important source of funds for our communities is the federal Rural Economic Development Loan and Grant program, which electric co-ops can use as a source of funds for critical community projects. North Carolina is a national leader in applying for and being awarded these loans and grants, bringing $52 million into our communities, to date. These funds improve our quality of life by supporting things like libraries, schools, fire stations and hospitals, while also drawing important industry to the state, creating hundreds of jobs each year.

I am proud of the work our state's electric cooperatives do to support our communities. As a member of your local co-op, you can share in that pride. In making concern for community a fundamental way of doing business, we can ensure that our communities continue to thrive for years to come.

Susan Flythe is executive vice president and general manager at Cape Hatteras Electric Cooperative in Buxton. She was seated as president of the North Carolina Association of Electric Cooperatives, Inc., at the 2016 Annual Meeting.

ACCESS NC Program Important

Thank you for the Access NC article featured in the April issue ["Accessible attractions: Awareness, resources make travel easier for people who are disabled," April 2016].

When sensitivity to handicap accessibility was first aroused, requirements were proscriptive ("there shall be no impediment to access…," etc.). Then a North Carolina architect came along who was himself wheelchair-bound. He began to quantify ("for a door opening to be passible by a person in a wheelchair, it must have a clear opening of 32 inches," etc., with drinking fountains, pay telephones, ramp slopes, handrail requirements, rest room accommodations, and so on). What Ron Mace, his colleagues, and the people to follow created was not only incorporated into NC State Building Code, it became an International Standard for handicap accessibility, embraced worldwide.

Sometime in the early 1980s, our state leaders legislated that 17 percent of the revenue collected from personalized license plates was to be given to Dept. of Health & Human Services for the Access North Carolina Program. The program worked with the travel and tourism industry to make facilities accessible to people with physical handicaps. They then wrote and periodically updated Access North Carolina, published by Corrections Enterprises, which described many attractions and accommodations, and rated the accessibility of parking, site approach, rest facilities, etc. The guide was available at NC Welcome Centers and distributed to retirement communities and other groups to aide in planning travel.

Again by legislation, the funding not spent in this effort did not go back into General Fund, but was transferred to Dept. of Administration for the purpose of "removing architectural barriers to… from state-owned tourist attractions…" such as historic sites, parks, educational state forests, etc. It was my honor and privilege to administer that portion of Access North Carolina for 20-plus years while working at the State Construction Office. Although not as high-profile as the more glamorous, historic, big-budget projects with which I was also involved, I very much appreciated the fulfilling work. Three of our projects are mentioned in your article.

Mr. Philip Woodward, mentioned in your article, was the third person in that position. I had the pleasure of working with him, and his two predecessors—all very fine and very dedicated people.

Winds do shift and change. As you can imagine, I was quite saddened to learn from your article that our current leadership has decided to eliminate this much-needed effort, hence my interest in your April issue.

Ron Little, architect emeritus, Oak Island
A member of Brunswick Electric

Fields of Gold

An old barn on the side of Highway 311 in between Highpoint and Highway 220.

Frank Ellison, Clemmons, a member of Brunswick Electric

Carolina Country Kudos

When I go to my mailbox it is full of junk mail—along with a few important items. I haul it in and start to sort it out. As I go through it I may come across Carolina Country. When I do, I set it off to the side. Once I've got the mail sorted and important stuff handled, I pick up that Carolina Country. After a long day, it is so nice to go through the pages and read the interesting articles. Thanks for a really, really good publication!

Steve Mayo, Aurora, a member of Tideland EMC

4-H Touches All Communities

Thank you for the information about 4-H Summer Camps in the April issue on page 44. Carolina Country [and the NC Electric Cooperatives] have always supported 4-H, and I appreciate it very much. Those facilities are often used by church, community and family groups often not directly connected to 4-H. Readers, check it out.

Victor B. Lynn, Retired Wake County extension director
A member of Wake Electric

Editor's note: For more coverage related to 4-H summer camps, check out last month's article on Millstone 4-H Camp near Ellerbe ["Amish craftsmen raise a building for the 4-H at Millstone Camp," May 2016], one of those highlighted in the April advertisement that Victor mentions.

Correction to May Issue:

In our May 2016 On the House section (page 40), a subhead begged the question "What's the typical lifetime for [a washable air] filter?" It was meant to be included in the bulleted sample questions to consider. However, filter manufacturers claim a range of lifespans from a few years to some offering a lifetime warranty. As the article recommends, a conversation with your HVAC technician is a good place to start.

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Learning About Life on the Farm

By Annemarie Bretz

My family and I are embarking on an adventure.

My husband and I bought 30 acres of land in Union County, just outside of Monroe, to begin a hobby farm. We both are educators in the county and have dreamed of having a small farm of our own. We've had a small garden for tomatoes, peppers, cucumbers, cut flowers and a few blueberry plants. Neither of us grew up on a farm, but we do remember days spent in the backyard gardens of our parents and grandparents. My husband, Shannen, inherited his grandfather's green thumb.

Why did we start a farm now? After years of dreaming, Rob and Cathy Thorstenson invited us to intern last spring at their organic strawberry farm, Wise Acres, in Indian Trail. We then knew that a small farm was in our near future.

Shannen chose blueberries for our farm because their peak time is in summer when we are out of school. Plus, my oldest daughter, Emma, and her daddy love picking ripe berries off our garden bushes.

A neighbor leases and farms three plots of our "new" land. The blueberries would replace soybeans. Last fall, we bought new blueberry bushes and anxiously waited for the soybean harvest. Heavy rain in October delayed the harvest until November, which meant we had to place 420 one-year plants in cups to await field transplanting. After four weeks of moving, watering and protecting our investment crop, we FINALLY planted these baby bushes. In late November, my husband, two young daughters and I, along with my sister and her family, painstakingly began digging holes with shovels. On hands and knees, we filled the holes one by one with blueberry plants. The job was long and arduous, but the feeling of accomplishment was well worth the sweat!

Our plants survived the winter and we watch every day to see how many will flourish this summer. This spring we also planted 48 new rabbiteye blueberry bushes and incubated eight Guinea fowl. One pasture will eventually hold goats.

Emma and I attended bee school with our local beekeepers club. We recently established our own hive. We enjoy learning how to take care of bees together, despite the occasional sting. We watch our hive grow and look forward to our first batch of honey.

We have big plans for this small farm. As much as I want to, we can't do everything at once. We have to stick to a budget and choose the projects that are highest on the priority list. The blueberries will not be ready for another year or two, then we will open a "you pick" blueberry patch. We hope to build a chicken coop and add homegrown eggs to our list of accomplishments. This summer a produce stand will offer tomatoes, peppers, cucumbers and zucchini, as well as honey from our hive. All the produce will be from the crops my girls, Emma and Betsy, started as seeds.

Ultimately, I want my girls to learn the most important lesson: That their parents took a dream and made it happen.

Farm life is how we want to raise our kids. Now that the weather is nice we work outside after school on projects like painting our new bee hives, weeding, mowing and planting. The girls love their electronics as much as any other kid, but they also love being outside and getting dirty.

Right now we both plan to stay in education, but I anticipate a lot of life lessons will be learned on this farm. Wild animals may take a beloved farm pet, or the weather may damage the plants. But we are also learning that with hard work you can accomplish anything. Ultimately, I want my girls to learn the most important lesson: That their parents took a dream and made it happen.

Annemarie Bretz lives in Monroe.

Send Your Story

If you have a story for "Where Life Takes Us," about an inspiring person who is helping others today, or about your own journey, send it to us with pictures.

- We will pay $100 for those we can publish.
- Send about 400 words.
- Pictures must be high resolution or good quality prints.
- Include a stamped, self-addressed envelope if you want anything returned.
- We retain reprint rights.
- Tell us your name, mailing address, and the name of your electric cooperative.
- To submit: email to editor@carolinacountry.com ("Inspiration" in the subject line) or online at carolinacountry.com/contact

Survival of the Sharpest

When it's you against nature, there's only one tool you need: the tempered steel Stag Hunter from Stauer—now ***ONLY $79!***

That first crack of thunder sounded like a bomb just fell on Ramshorn Peak. Black clouds rolled in and the wind shook the trees. I had ventured off the trail on my own, gambled with the weather and now I was trapped in the forest. Miles from camp. Surrounded by wilderness and watching eyes. I knew that if I was going to make it through the night I needed to find shelter and build a fire... fast. As the first raindrops fell, I reached for my **Stag Hunter Knife.**

Forget about smartphones and GPS, because when it comes to taking on Mother Nature, there's only one tool you really need. Our stunning **Stag Hunter** is the ultimate sidekick for surviving and thriving in the great outdoors. Priced at $149, the **Stag Hunter** can be yours today for an unbelievable **$79!** Call now and we'll include a bonus leather sheath!

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Your satisfaction is 100% guaranteed. Feel the knife in your hands, wear it on your hip, inspect the craftsmanship. If you're not completely impressed, send it back within 60 days for a complete refund of your purchase price. But we believe that once you wrap your fingers around the **Stag Hunter's** handle, you'll be ready to carve your own niche into the wild frontier.

What customers are saying about Stauer knives...

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"First off, the shipping was fast and the quality is beyond what I paid for the knife. Overall I am a satisfied customer!"

— D., Houston, Texas

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LED manufacturer Cree, Inc.'s CEO Chuck Swoboda served as the annual meeting keynote speaker, sharing his company's business driver: "The cheapest, cleanest energy is the energy you never use."

N.C.'s Electric Cooperatives Move Forward, Fearlessly

Leaders from North Carolina's electric cooperatives met in Raleigh April 13–14 for their 2016 Statewide Annual Meeting.

The meeting provided more than 300 electric co-op senior staff and directors an opportunity to reflect on the past year's successes, while taking time to discuss future opportunities and challenges for their co-ops and the energy industry as a whole.

The meeting's theme of "Move Forward, Be Fearless" set the tone for many learning sessions and conversations about the current state of the energy industry—where electric utilities are using technology to find new ways to engage with consumers.

Mark Suggs, general manager of Pitt & Greene EMC and president of the North Carolina Electric Membership Corporation (NCEMC) board of directors, recognized the group for their efforts in making the state a national leader in adapting new technology for the benefit of their electric co-op members.

"As electric cooperatives, we are more than an infrastructure company; we are a trusted energy provider, and as member-consumers explore ways to manage their energy bills, they can count on us," Suggs remarked. "Co-op directors across the state have brought North Carolina's electric cooperatives to the forefront of the nation, and our counterparts from all over the country see North Carolina as a model."

Suggs also presided over the business section of the meeting, where officers and representatives to the statewide boards of directors were seated (see sidebar).

General sessions at the meeting included a panel of young people from the state who provided perspective on community involvement and what they think it means to "be fearless."

"One thing that's important as we educate ourselves and raise awareness of issues, is to never leave any stone unturned," NCEMC CEO Joe Brannan said. "The youth of today are more capable than we were when we were their age—it's important that we listen to and learn from our youth."

The youth panel included Jacob Brooks, national spokesperson for the 2009 Youth Leadership Council as a member of Blue Ridge EMC (and former Carolina Country columnist); Analuz Carrillo, a 2015 youth tourist and Pee Dee EMC member; and Reggie McCrimmon, a 2013 graduate of North Carolina Central University and current director of member

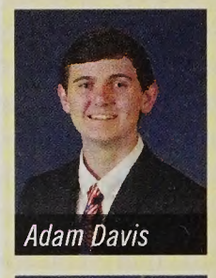
Who's Who at the Annual Meeting

Statewide Leaders

The following were elected to 2016–2017 board leadership positions:

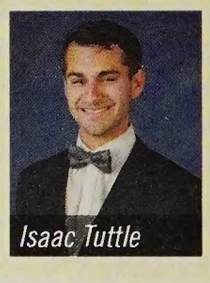
- **NCEMC (power supply):** President Mark Suggs, Pitt & Greene EMC; Vice President Dale Lambert, Randolph EMC; Secretary-Treasurer Paul Spruill, Tideland EMC.
- **NCAEC (co-op services):** President Susan Flythe, Cape Hatteras EC; Vice President Toby Speaks, Surry-Yadkin EMC; Secretary-Treasurer Bill Barber, Piedmont EMC.
- **TEMA (material supply):** District I, B. L. Starnes, Union Power Cooperative; District II, Columbus Jeffers, Roanoke EC; District III, Calvin Duncan, Brunswick EMC.

Youth Education Scholarships



Adam Davis

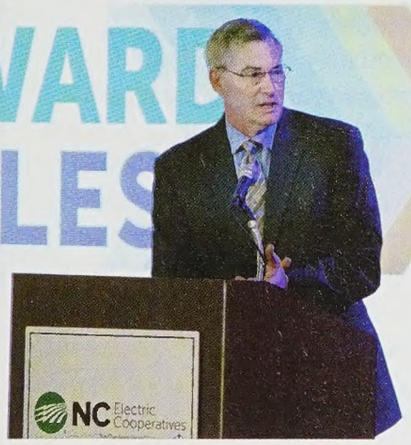
Kathryn Bard



Isaac Tuttle

The North Carolina Association of Electric Cooperatives awards three scholarships each year to Youth Tour participants from the past year. Outgoing NCAEC President Carl Kornegay, Tri-County EMC, announced this year's recipients: Adam Davis (Randolph EMC) will be attending UNC Chapel Hill; Kathryn Bard (Blue Ridge EMC) will be attending UNC Charlotte; and Isaac Tuttle (Blue Ridge EMC) will be attending Gardner-Webb University.

MOVE FORWARD & BE FEARLESS



NCEMC CEO Joe Brannan stressed that a changing electric industry presents great opportunity.

Blue Ridge EMC CEO Doug Johnson (right), Cape Hatteras EC GM Susan Flythe and Mecklenburg EC (Va.) CEO John C. Lee on the leadership panel.

Participants on the youth panel provided fresh perspectives. (L-R) McCrimmon, Carrillo, Brooks.

services and external affairs for the Congressional Black Caucus.

Brooks interprets being fearless as an opportunity to push beyond uncomfortable situations to challenge and better himself. McCrimmon agreed, seeing it as a way to become engaged politically, socially, environmentally, as well as civically through community service.

"Young people want to feel that they're a part of something, so naturally community service is a great way to get people involved," McCrimmon said. "You can actually see the advancement of your efforts. You can see the natural engagement; you can see the process changing."

He stressed that although young people today excel at mobilizing for causes and communicating new ideas, particularly through social media, they turn to older generations for their experience in providing the infrastructure to make those new ideas a reality.

Carrillo further stressed the importance of civic engagement with a quote from Gandhi: "The best way to find yourself is to lose yourself in the service of others."

Lumbee River EMC Goes 'Net-Positive'

In January, Lumbee River EMC moved into a new operations center in Raeford. The facility improves efficiency for the cooperative and its members by allowing the staffs from two smaller locations to work under the same roof. Hours of operation at the Raeford location have been expanded, and service response time will improve.

What the cooperative's members may not notice, however, is the cutting-edge technology the facility uses to make it "net-positive," meaning at times it may generate more electricity than it uses.

"To our knowledge, that facility is the only net-positive facility currently being utilized by an electric utility in the country," says Walter White, Lumbee River EMC director of marketing and economic development.

The main source of power for the facility is an array of solar panels, mounted on the building's roof. In order to trim how much of that electricity the building consumes, the major core electric systems are highly efficient, utilizing technology such as solar thermal water heating, a geothermal HVAC system and LED lighting throughout.

"We are able to use this facility as a learning lab, not only for ourselves, but for those who are considering using these various technologies," Lumbee River EMC president and CEO Steven Con Hunt says. "Our goal as an organization is to develop the knowledge needed and implement plans to make out cooperative the absolute 'go to' source for all our members' energy needs."

More information on "net-zero" homes, where all energy needs are offset by onsite generation, is available in this month's Energy Cents section (page 38).

National Initiative Connects Veterans to Electric Co-ops

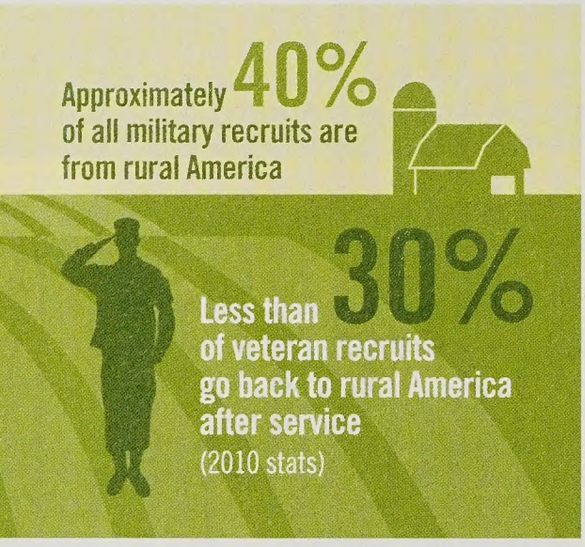
As members of the Baby Boomer generation continue to reach retirement age, an estimated 14,400 jobs at electric cooperatives across the country are expected to become available in the next five to seven years. The National Rural Electric Cooperative Association (NRECA), the national service organization for America's electric cooperative network, sees that as an opportunity for our nation's 22 million military veterans.

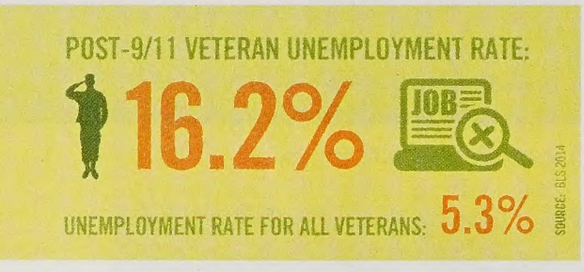
Approximately 40 percent of all military recruits are from rural communities, although less than 30 percent of them return to rural America after service, according to the U.S. Bureau of Labor Statistics. What's more, the unemployment rate among post-9/11 veterans is 16.2 percent, compared with the national average of 5 percent.

NRECA's "Serve our Co-ops, Serve our Country" campaign is aiding electric cooperatives in attracting, hiring, onboarding and retaining veterans. The program also seeks to honor and care for the veterans who live in our local communities by reinforcing co-op support and involvement with local veteran communities.

"We want to expand our co-op pipeline with great talent to fill the many jobs that will be opening up," says Michelle Rostom, NRECA's veteran initiative program director. "In addition to the diverse technical talents and trainability our veterans bring to co-ops, there are many parallels between military culture and electric cooperative culture, including mission, teamwork, and commitment to community."

More information on the initiative is available at nreca.coop/veterans.





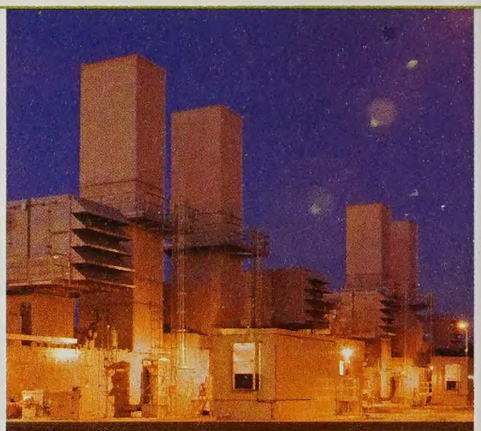
NCSU Researchers Predict Active Hurricane Season

Researchers at NC State University are predicting an unusually active hurricane season this year.

Atlantic hurricane season runs from June 1 through Nov. 30, and researchers have predicted 15 to 18 tropical storms and hurricanes to develop during the 2016 season in the area covering the entire Atlantic Ocean, the Gulf of Mexico and the Caribbean Sea. The seasonal average between 1950 and 2014 is 11 named storms.

Eight to 11 storms could strengthen into hurricanes, and three to five are expected to become major hurricanes with sustained winds of 111 miles per hour or greater. Possible storm paths or landfall locations were not predicted.

The National Oceanic and Atmospheric Administration (NOAA) generally releases its hurricane season predictions in late May.



NCEMC's Anson Plant

Power Plant Staff Receive 10-Year Safety Award

Maintenance and operations employees for the Anson and Hamlet power plants, owned and operated by the North Carolina Electric Membership Corporation (NCEMC) on behalf of the state's electric cooperatives, recently celebrated 10 years with no lost time accidents. A lost time accident is one that results in at least one full day away from work duties.

"Our employees have made safety their number one priority at these facilities and it is part of their workplace culture," NCEMC COO Mike Burnette says. "This is an outstanding achievement that we can all be proud of, and is a true testament to their focus and dedication to safety."

Plant staff were recognized for their safety record at an April 20 luncheon. Eleven employees worked an estimated 187,000 hours at the sites over the past decade, or since the Anson plant's six generating units were under construction and plant staff hired. The Anson plant went into commercial operation on June 1, 2007. Five units at the Hamlet Facility went into commercial operation on December 1, 2007, and a sixth Hamlet generating unit came online in summer 2013.

NCEMC owns and operates 678 MW of Pratt & Whitney Power Systems aero-derivative combustion turbines at the two plants, located in Anson and Richmond counties. A total of 12 units, used for producing "peaking power" (electricity that is needed during times of high demand), are able to burn either natural gas or ultra-low sulfur No. 2 fuel oil.

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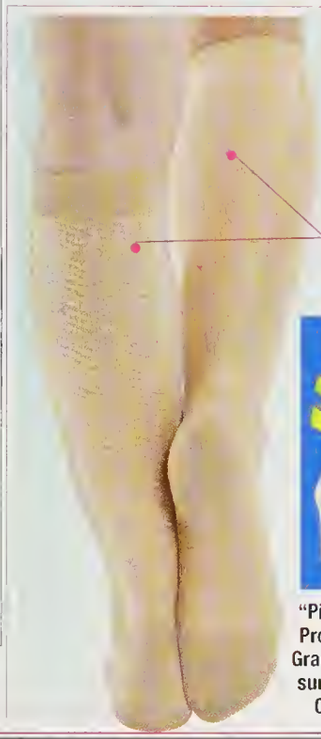

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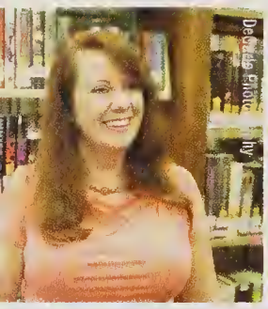
Community Projects Thrive with Electric Co-op Funding

Piedmont Electric in Hillsborough received $995,000 in funding from the REDLG program to help renovate the Gunn Memorial Public Library in Caswell County.

By Scott Gates



Rhonda Griffin

Rhonda Griffin is right where she wants to be. The energetic director at Gunn Memorial Public Library worked at four other libraries in the region before landing at her current job near home. The county lacks many of the traditional hot spots for kids—no YMCA, no bowling alley or movie theater—so her small library, the sole library in Caswell County, is always bustling with activity.

"This isn't a 'hush hush' library," Griffin says. "It's used more as a community center."

The library also draws adults, who use the facility's 22 computers and high-speed internet to access email and fill out job applications. As a result, it is ranked 11th in the state for program attendance per capita. And yet, the facility is in need of repair, structural updates and a major expansion, according to a 2012 county needs assessment. In one of the least funded counties in the state, all of this is easier said than done.

Piedmont Electric Membership Corporation in Hillsborough serves parts of Caswell County and recognized this funding need. Last year, the co-op applied for and received $995,000 in funding for the library renovation project through the U.S. Department of Agriculture's Rural Economic Development Loan and Grant (REDLG) program.

The REDLG program provides rural utilities with grants and zero-interest loans to directly fund local projects that create and retain employment in the communities they serve. North Carolina's 26 electric cooperatives have tapped the funding source to channel a total of $52 million to projects across the state, supporting the creation of more than 4,000 jobs.

For Gunn Memorial Library, the funds represent a portion of total project costs but a huge step in making Griffin's expansion plans a reality.

"There's no way we could get this done without Piedmont Electric and the REDLG program," says Caswell County manager Bryan Miller. "There is no shortage of needs in the county, and without partners like Piedmont Electric, rural counties like ours would be left behind."

Caswell County and the county seat of Yanceyville also have used REDLG funding to purchase ambulances and build a new fire station adjacent to town hall, adding to the dozens of community development projects across the state funded by electric cooperatives. Funds have been used for emergency vehicles and equipment, libraries, schools, fire stations, hospitals and sanitation facilities—the list goes on.

"When I first met with Bryan [Miller] about this source of funds, he joked that it was the first meeting where he wasn't asked for something—instead we were there to help him," says Susan Cashion, vice president at Piedmont Electric. "This has changed the way we talk about our co-op. We used to describe ourselves as a member-owned utility that provides safe, reliable and affordable electricity. That is still the case, of course, but we do more. We are committed to improving the quality of life for our members, which the REDLG program directly supports."

> "The projects are as diverse as the territories our state's electric co-ops serve, and every single one of them is a success story."

Cashion sees value in the program beyond the individual projects it supports. Using this federal source of funds fits with the electric cooperative's role as a steward of the rural communities it serves. The program also is creating a sustaining source of funds that will be available to serve untold future community and economic development projects.

"This is part of our cooperative legacy," Cashion says. "There's no way to measure the value of these projects and the relationships that we're building within our communities."

Statewide success stories

Over the past four years, North Carolina's electric cooperatives have collectively secured more grants through the REDLG program than those in any other state, and funding totals are expected to increase as additional projects are approved in 2016.

"These grants represent secure funds—with zero risk to the co-ops or their members—that can be used to meet whatever need a community may have," says Eddie Miller, vice president of Economic Development at the North Carolina Electric Membership Corporation (NCEMC), the Raleigh-based power supplier serving the state's electric cooperatives for North Carolina's Electric Cooperatives. "The projects are as diverse as the territories our state's electric co-ops serve, and every single one of them is a success story."

In Mocksville, a new yarn-spinning plant stands as another one of those success stories, thanks to $3 million in loans secured by Statesville-based EnergyUnited. Davie County and the town of Mocksville used the funds for site development and in recruiting Canadian sportswear company Gildan Activewear, which ultimately chose the area for its $142 million facility.

Once fully in operation this summer, roughly 300 employees at the plant will spin locally sourced cotton into fiber, and ship it to manufacturing plants overseas.

"If we had not secured these REDLG funds for the project, it would not have ended up in the county—maybe not even in North Carolina," says Tim Holder, EnergyUnited vice president of customer care, sales and marketing. "This funding is a tool like any other in terms of bringing large dollar amounts for local development at zero-percent interest. It gives the communities we serve a great competitive advantage in drawing new business, particularly in more rural areas."

Electric co-ops have access to additional resources offered at the state level by NCEMC. NCEMC's Development Loans program offers North Carolina electric co-ops zero-interest loans with seven-year terms, which are often used as interim funding while REDLG applications are in the approval process.

The NCEMC Development Matching program offers grants of up to $15,000, matching co-op investments in local projects. Co-ops are using these funds for a wide variety of activities that spur economic development. For example, Halifax EMC in Enfield tapped the fund for site studies in the planning phases for a new sawmill capable of producing 350 million board feet each year.

"Bringing employers to rural areas is a focus of ours. But just as important is concentrating on ways to improve communities," NCEMC's Miller says.

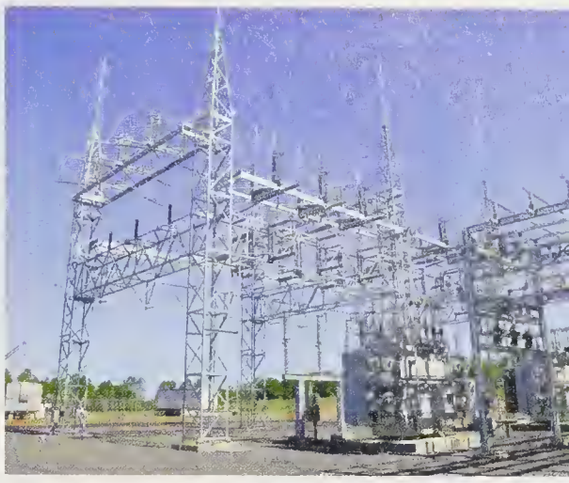
Investing in economic development achieves two things, Miller explains: nurturing industry while also strengthening communities—essentially making North Carolina a place where companies want to be for the long term. Site development, such as that funded through EnergyUnited, can draw business in, while community development, such as library expansions and improved critical services, make their employees want to stay.

The long-term benefits of these funding programs become evident in surprising ways.

About 20 minutes down the road from the Caswell County library, a brand new fire station is in the works, to be funded by a $360,000 zero-interest loan from Piedmont Electric [pending USDA approval at time of publication]. The station will improve response time for the North Eastern Alamance Volunteer Fire Department.

That's good news for local peace of mind, but it also has a real economic benefit for residents in the district and surrounding areas: the new fire station, after receiving its rating from the N.C. Department of Insurance, will decrease homeowners insurance premiums by a collective $100,000 per year, according to fire department estimates.

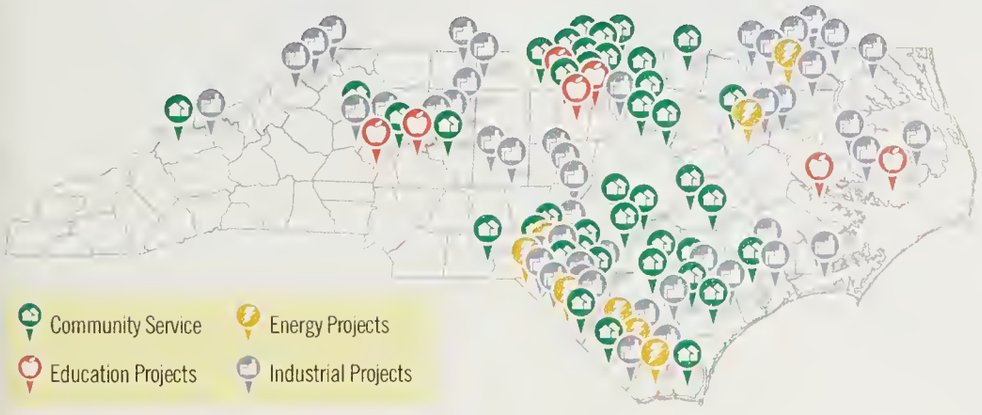
"That's extra money those families will have every single month going forward," Piedmont Electric's Cashion says. "This will strengthen the community in a very direct way, and is a reminder that these projects are truly helping those we serve."



EnergyUnited built its Gildan Substation last spring in order to serve the new yarn-spinning facility.

Economic development across the state

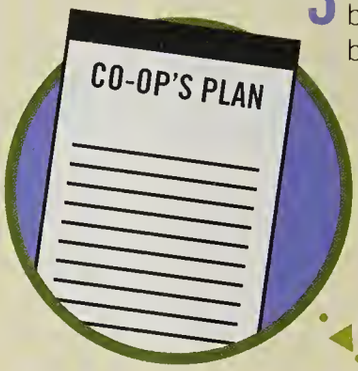
North Carolina's electric cooperatives have channeled $52 million to more than 100 projects across the state since the REDLG program began in 1989.



How Your Electric Co-op Works

1 Member-owners elect board directors.

2 Board defines expectations for your co-op's general manager (GM/CEO) and provides policies & strategic goals.

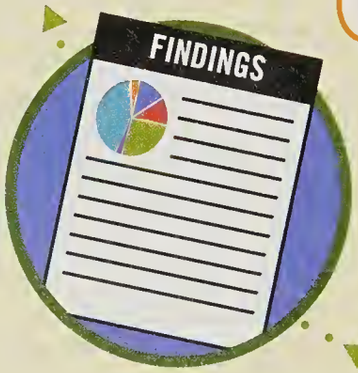


3 GM/CEO creates a business plan based on board's expectations.

Member-owners provide input & feedback to board, GM/CEO & staff.

4 GM/CEO delegates responsibilities to staff who help carry out the plan.

8 Board reflects on policies and updates them as needed.



7 GM/CEO shares results with the board.

6 GM/CEO collects data from staff about their efforts.

5 Staff develop programs to support the co-op's member-owners and their communities.

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Source: NRECA

Chicago Doctor Invents Affordable Hearing Aid Outperforms Many Higher Priced Hearing Aids

Reported by J. Page

CHICAGO: A local board-certified Ear, Nose, and Throat (ENT) physician, Dr. S. Cherukuri, has just shaken up the hearing aid industry with the invention of a medical-grade, affordable hearing aid. **This revolutionary hearing aid is designed to help millions of people with hearing loss who cannot afford—or do not wish to pay—the much higher cost of traditional hearing aids.**

"Perhaps the best quality-to-price ratio in the hearing aid industry" — Dr. Babu, Board-Certified ENT Physician

Dr. Cherukuri knew that untreated hearing loss could lead to depression, social isolation, anxiety, and symptoms consistent with Alzheimer's disease. **He could not understand why the cost of hearing aids was so high when the prices on so many consumer electronics like TVs, DVD players, cell phones, and digital cameras had fallen.**

Since Medicare and most private insurance plans do not cover the costs of hearing aids, which traditionally run between $2,000-$6,000 for a pair, many of the doctor's patients could not afford the expense. Dr. Cherukuri's goal was to find a reasonable solution that would help with the most common types of hearing loss at an affordable price, similar to the **"one-size-fits-most" reading glasses** available at drug stores.

He evaluated numerous hearing devices and sound amplifiers, including those seen on television. Without fail, almost all of these were found to amplify bass/low frequencies (below 1000 Hz) and were not useful in amplifying the frequencies related to the human voice.

Inspiration from a Surprising Source

The doctor's inspiration to defeat the powers-that-be that kept inexpensive hearing aids out of the hands of the public actually came from a new cell phone he had just purchased. **"I felt that if someone could devise an affordable device like an iPhone® for about $200 that could do all sorts of things, I could create a hearing aid at a similar price."**

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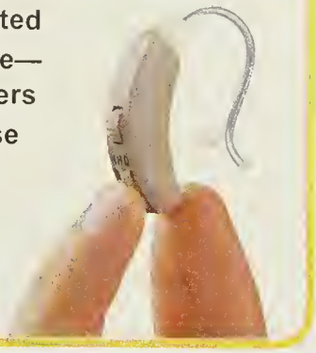

Affordable Hearing Aid with Superb Performance

The high cost of hearing aids is a result of layers of middlemen and expensive unnecessary features. Dr. Cherukuri concluded that it would be possible to develop a medical-grade hearing aid without sacrificing the quality of components. The result is the **MDHearingAid PRO®**, under $200 each when buying a pair. **It has been declared to be the best low-cost hearing aid that amplifies the range of sounds associated with the human voice without overly amplifying background noise.**

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The **MDHearingAid PRO®** has been rigorously tested by leading ENT physicians and audiologists who have unanimously agreed that the **sound quality and output in many cases exceeds more expensive hearing aids.**

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—Gerald L.

"I have a $2,000 ReSound® Live hearing aid in my left ear and the MDHearingAid *PRO® in the right ear.* ***I am not able to notice a significant difference in sound quality between the two hearing aids."***
—Dr. May, ENT Physician

"They work so great, my mother says she hasn't heard this well in years, even with her $2,000 digital! ***It was so great to see the joy on her face.*** *She is 90 years young again."*
—Al P.

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Recycle empty, uncrushed bottles with the caps on.

STEP 3: Find a facility
Most recycling programs are run by local governments. If you're unsure of where to take your old plastic bottles, contact your town, city or county government, or find a local center at this web site: p2pays.org/localgov/ncwaste.html.

Used plastic bottles are big business in North Carolina. Several recycling centers across the state are massive operations, including one turning old bottles into fabric fibers off Highway 421 in Yadkin County.

The Repreve Recycling Center in Yadkinville turns waste products including PET plastic—what your water or soda bottle is made of—into a fiber used in Unifi, Inc.'s Repreve fabric. Companies including Ford and Patagonia use that fabric for everything from clothing (it takes five plastic bottles to make a T-shirt) to car seat covers (42 plastic bottles).

The Yadkinville facility completed an expansion project last July and has recycled an estimated 4 billion plastic bottles to date. All those bottles mean more raw material for trendy clothing and upholstery, but more importantly they mean steady jobs for 49 local residents.

"The recycling center expansion has added new jobs, helping to further enhance the quality of life we all enjoy in the region and underscoring the confidence investors have in our local workforce," says Adam Martin, marketing & economic development coordinator at Surry-Yadkin EMC.

Wanted: Your used plastic bottles

Unifi is one of more than 200 companies involved in collecting, processing and manufacturing recycled plastics in North and South Carolina. Although business is booming, a locally sourced supply of bottles is not.

"Amazingly, there are too few plastic bottles being recycled in the Carolinas to support the manufacturers and businesses that have come to rely on them," says Yasmeen Brock, recycling campaign officer for the Your Bottle Means Jobs Campaign, an initiative of the Carolinas Plastics Recycling Council.

Only 25 percent of the recycled plastic bottles needed to meet production goals comes from the Carolinas, according to the Council—the rest are imported from other states or as far away as Canada and Mexico. And yet, an estimated three billion plastic bottles are thrown away each year in the Carolinas, creating a huge opportunity to get more plastic in the recycling bin.

"We want to bring those bottles back into the cycle so recyclers don't have to go out of state for raw materials," Brock says.

As a result, the Council initiated the recycling awareness campaign to encourage Carolinians to recycle two more plastic bottles a week to support local jobs. North Carolina's Electric Cooperatives is a sponsor.

Why two bottles? By the Council's estimates, if each household in the Carolinas recycles two more plastic bottles per week, the states would save $10 million in materials costs and avoided landfill costs each year, while creating an estimated 300 new jobs.

The uptick in recycling would also support the more than 1,700 Carolinians directly employed converting bottles and other plastics to new products, and ensure that facilities like the Repreve Recycling Center continue to grow.

By the Council's estimates, if each household in the Carolinas recycles two more plastic bottles per week, the states would save $10 million in materials costs and avoided landfill costs each year, while creating an estimated 300 new jobs in the plastics recycling industry.

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Loose Saggy Neck Skin – Can Any Cream Cure Turkey Neck?

DEAR DORRIS: I'm a woman who is 64 years young who suffers from really loose skin under my chin and on my lower neck.

I hate the term, but my grandkids say I have "turkey neck" and frankly, I've had enough of it! I have tried some creams designed to help tighten and firm that loose, saggy skin, but they did not work. Is there any cream out there that Might help my loose neck skin?

Turkey Neck, Charlotte, NC

DEAR TURKEY-NECK: In fact, there is a very potent cream on the market that is designed to firm, tighten and invigorate skin cells on the neck area. It is called the **Dermagist Neck Restoration Cream.**

This cream contains an instant-effect ingredient that aims to tighten the skin naturally, as well as deep-moisturizing ingredients aiming to firm the skin and make it more supple. Amazingly, the Dermagist Neck Restoration Cream also has Stem Cells taken from Malus Domesticus, a special apple from Switzerland.

These apple stem cells target your skin's aging cells, and strive to bring back their youthful firmness, and elasticity. As an alternative to the scary surgeries or face lifts that many people resort to, this cream has the potential to deliver a big punch to the loose saggy skin of the neck. **The Dermagist Neck Restoration Cream is available online at Dermagist.com** or you can order or learn more by **calling toll-free, 888-771-5355.** Oh, I almost forgot... I was given a promo code when I placed my order that gave me 10% off. The code was **"NCN19"**. It's worth a try to see if it still works.

North Carolina's Lavender Landscapes

Purple perennials are more than just for show

Lavender fields filled with fragrant, spiky, delicate blooms punctuate the Provence countryside in France.

By Leah Chester-Davis

The purple-mounded rows are stunningly beautiful and are an iconic image in photographs from the region. A few North Carolina lavender farms now dot our state's landscape, lending a touch of that iconic beauty when in full bloom.

North Carolina lavender farms are small, but they offer a chance to walk among the plants that, when grown en masse, lend a romantic touch to any landscape. Depending on the year, some of the farms open their doors to visitors, particularly in June when the plant is at its peak in the state.

A lavender farm in full bloom is a sensory experience beyond the scenic beauty. Breathe in the delightful fragrance. Listen to humming bees that absolutely adore this plant. Sample lavender products, from lemonade and baked goods to skin creams and perfumes.

The following is a short list of farm offerings in North Carolina. More lavender farms can be found throughout the state.

Leah Chester-Davis has her own business, Chester-Davis Communications (chester-davis.com), specializing in food, farm and lifestyle brands and organizations.

Sunshine Lavender Farm was started more than 15 years ago in northern Orange County, in the Hurdle Mills community. Its owners, Dale, Annie, Abigail and Sylvie Baggett, are members of Piedmont Electric Membership Corporation. With a background in marketing, Annie was drawn to lavender because of its uniqueness to the area. The farm now has 750 to 1,000 plants. Two Saturdays each year, usually in March and October, the farm sets up its signature lavender tent at the Hillsborough Farmers Market for a Lavender Planting Clinic & Sale.

The best way to stay abreast of planting clinics and annual harvest celebrations is to visit sunshinelavenderfarm.com. You'll also find information on lavender products and Annie's tours to Provence during the peak lavender bloom.

The Lavender Garden is located outside of Salisbury in Rowan County. Owner Rita Rodelli has about 600 lavender plants. Rodelli's Lavender Garden space at the Davidson Farmers Market sells lavender products such as sachets, mists, lotions and lavender wands most of the year.

The Lavender Garden's Open Farm Day is June 11, from 1 to 5 p.m. Visit the farm website (thelavendergarden.net) and get your name on the mailing list to learn more.

Frogholler Lavender Farm, in Madison in Rockingham County, currently grows lavender for products the farm makes (sachets, etc.) This year, owner Dorothy Allen is starting a new farm in Madison and planting 1,500 plants. She expects to open the farm to tours and visitors in 2018. She sells lavender plants and those are available this year. Visit the farm's Facebook page at facebook.com/frogholler farm16 for more information.

Hauser Creek Farm is located just west of Winston-Salem, in rural Davie County. Owner Alethea Segal, an EnergyUnited member, started growing lavender in 2010. She was drawn to the beautiful purple and lavender blooms. She also likes how it attracts beneficial insects to the landscape. Her lavender garden is about half an acre. The farm sells fresh lavender bunches and artisan lavender goats milk soap at the Piedmont Triad Farmers Market in Colfax.

In addition to the lavender, Segal grows peonies, sunflowers, perennials and other flowers. The location is an outdoor wedding venue that can accommodate up to 100 guests. Hauser Creek Farm usually hosts one or two Open Farm Days each June. Visit the farm website at hausercreekfarm.com to sign up for updates.

Salem Lavender Farm, in Lewisville in Forsyth County, is a relatively new farm in the state. Owned by Gray and Wendy King, the farm is just getting its lavender crop started. The Kings were drawn to lavender due to its ability to attract pollinators, and they planted 1,200 plants this spring. Visit salemlavenderfarm.com for info on their Open Farm Days in 2017. The farm also will feature a chicken coop, butterfly garden and a honey bee colony. The Kings will be selling lavender products through the website and local farmers markets.

Bluebird Hill Farm, in Bennett in Chatham County, usually hosts a lavender harvest during the month of June. Owner Norma Burns plans to make a late-May planting party an annual event for those interested in learning more about lavender. Burns also has a distiller used to distill essential oils from the lavender flowers. For more information, email countrymouse@rtmc.net

Directly above: *Visitors to the Lavender Garden in Salisbury learn how to make lavender wands and sachets.*

Owner Rita Rodelli, The Lavender Garden, invites vistors to enjoy the lavender fields in June.

Hanging bundles of fragrant lavender at The Lavender Garden.

Top of page 18: *Hauser Creek Farm near Winston-Salem draws from its ½-acre lavender garden to make and sell lavender goats milk soap at the Piedmont Triad Farmers Market in Colfax.*

Naked Lavender Cake Recipe

from Alethea Segal, Hauser Creek Farm

- ½ cup whole milk
- 2–3 stems fresh culinary lavender
- 1½ cups granulated sugar
- 1½ teaspoons dried culinary lavender
- 1 stick butter, softened
- 1 teaspoon vanilla extract
- 2 large eggs
- 1¼ cups cake flour
- ½ teaspoon kosher salt
- ¼ teaspoon baking powder
- 1 teaspoon finely grated lemon zest

Place milk in a glass measuring cup and heat in microwave just until very hot; add fresh lavender stems, completely submerging the stems in the milk. Let stand for 30 minutes or until completely cool. Combine sugar and dried lavender in a food processor bowl; top with cover, and process for about 60 seconds. Cream butter until light and fluffy; add lavender sugar and vanilla extract and beat until well combined, scraping sides of bowl occasionally. Add eggs, one at a time, beating well after each. Sift together cake flour, salt, and baking powder in a small bowl; add flour mixture alternately with milk (remove and discard the lavender stems) and beat until well combined. Stir in lemon zest.

Butter an 8-inch round cake pan and line pan with wax paper. Pour batter into prepared pan and bake in a preheated 350-degree oven for 40 to 45 minutes or until cake tests done. Remove cake from oven; let stand on cooling rack for 5 minutes before removing from pan. Cool completely. To serve, garnish with fresh lavender stems or other assorted edible flowers.

Lavender and Lemon Cookies

from Alethea Segal, Hauser Creek Farm

- ¾ cup plus 2 tablespoons all-purpose flour
- ½ cup almond flour
- 1 tablespoon dried culinary lavender
- ¼ cup granulated sugar
- ½ teaspoon baking soda
- ¼ teaspoon kosher salt
- 1 stick unsalted butter, chilled
- zest of 1 lemon
- 2 teaspoons freshly squeezed and strained lemon juice

Place all dry ingredients into the bowl of a food processor (all-purpose flour through salt); top with cover, and process for 10 seconds. Cut butter into pieces and add to the bowl along with the lemon zest and juice; cover and process until just combined. Transfer mixture to a piece of waxed paper and form into a ball. To make the cookies, pinch off pieces of dough, form into balls and place on a cookie sheet lined with parchment paper. Flatten the dough balls using the palm of your hand. If desired, sprinkle the top of each cookie with a little additional granulated sugar. Bake in a preheated 350-degree oven for 10 to 12 minutes or until lightly browned. Transfer to a cooling rack and cool completely.

Makes 10 to 12 cookies depending on how large you make them.

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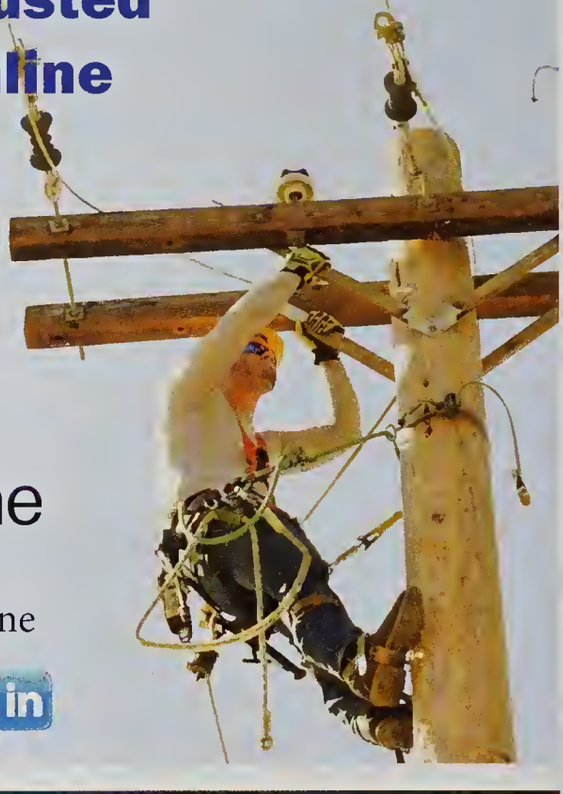

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Eight Elements to Create an Inviting Space

If your backyard entertaining space could stand some freshening and pops of color, here are elements to turn a patio or deck into a welcoming place to entertain friends and family.

1 Patio set

Patio furniture is the focal point of any outdoor living space. How you use your patio or deck should guide your choices. If you'll be doing a lot of outdoor dining, a table and chairs are essential. Do you envision relaxed evenings chatting with friends in a comfortable setting? Outdoor sofas, love seats, benches and gliders arranged around a coffee table can create an intimate area. Patio furniture doesn't have to be expensive. You can find affordable styles and pieces at discount home stores like Big Lots (biglots.com) or used furniture for sale in your locale on sites such as craigslist.org.

2 Colorful cushions and pillows

Even the most-loved patio set can benefit from replacing old, faded cushions with something new. New cushions can really change up a look. Consider adding toss pillows here and there in colors or patterns that complement your chair cushions.

3 Fabulous firepits

Adding a firepit can extend your enjoyment of your outdoor space well into the night. Not a fan of tending a wood fire? There are gas-fueled firepits that make starting a fire as easy as turning on the gas and flipping a switch.

4 An enlightened atmosphere

Lights also extend your entertaining hours and create an inviting ambiance. Choose a mix of light sources, such as candle-lit lanterns for a warm glow, solar lights to illuminate travel paths and string lights that cast gentle light from above.

5 Smart shade sources

If you don't have shade, take steps to provide some. Have a large, open patio? A gazebo with a canopy and netting offers shade and keeps insects away from guests and food. Want to move the shade with the sun? An offset umbrella with stand can help you put the shade exactly where you need it at any time of day. Traditional umbrellas shelter seating areas.

6 Multiple seating areas

In addition to being a focal point, use your patio furniture to create separate seating areas for more flexible usage. A small bench under a tree is a great spot for sipping your favorite beverage or relaxing with a good book. A glider near the patio or deck can be a spot for special conversations with family.

7 Go greener

Arrange flowers and greens in containers in a variety of shapes and sizes throughout your area. A small, brightly colored pot of pansies makes a wonderful table centerpiece. Plant a tall fern or palm in a large, vividly hued pot and use it as a natural division between "rooms" in your outdoor space.

8 A great grill station

Whether you have a big, four-burner 48,000 BTU stainless steel gas grill or a simple charcoal grill, an efficient grilling station is a must. Useful accessories include a grilling tool set and grill brush, and a cooler for briefly storing food, especially if you have a lot of meat or veggies, before it goes on the grill.

— Brandpoint

Pillows and planters brighten entertaining areas.

Wine Trends

A new survey shows broadened approaches to the beverage

Whether it's relaxing at home, dining out or celebrating with friends and family, Americans are enjoying wine at a wider variety of occasions than ever before. In fact, 85 percent of frequent wine drinkers now believe that wine is equally appropriate for casual and formal settings alike, according to a 2015 consumer wine trends survey.

Today's attitudes and behaviors toward wine drinking were examined in the survey, commissioned by E. & J. Gallo Winery. The survey of 1,000 frequent wine drinkers found that 82 percent drink between one and five glasses per week

A more casual approach to wine suggests that shoppers are more likely to try new wines across a range of prices and often consider brands affordably priced between $5–$7. More than one-third of respondents classified themselves as a "wine adventurer," while only 3 percent of those surveyed self-identified as "wine snobs."

Exploring, experimenting

The top factors that inspire a frequent wine drinker to try something new are recommendations from friends, family members and coworkers. Additionally, 86 percent of wine drinkers would be encouraged by a server, bartender or sommelier recommendation, followed closely by a recommendation from a wine store employee.

Survey data show that millennials are more likely to be encouraged to try a new wine if it is featured prominently and positively in the media or if it is recommended on social media. Millennials also reported a greater level of "wine fear" overall, such as fear of mispronouncing a wine's name or being judged for a wine choice, compared to older wine drinkers.

Selection

The occasion itself still influences the wine choice for many. While wine drinkers identified Chardonnay as the most popular choice for casual get-togethers, Cabernet Sauvignon was most often the front-runner for formal environments.

At the same time, sparkling wines are breaking out of formal occasions and becoming more popular for everyday moments. Interest in Rosé is also expanding beyond the peak summer months as more wine drinkers reach for blush wines in April and September.

However, looks still matter in the wine aisle. Millennials are four times more likely than baby boomers to select wine based on its label, frequently looking for personality and originality. Baby Boomers, by contrast, look for region of origin and tasting notes on the label.

Thinking inside the box

Boxed wine has evolved considerably in the minds of consumers, in large part to its convenience. The extended freshness of boxed wine allows wine drinkers to drink it at their own pace and allows for easy transport. In fact, one in four people surveyed agree that boxed wine is best for large social gatherings and is becoming higher in quality.

Wine in a can is a relatively new concept that more than one-fourth of frequent wine drinkers expressed interest in trying—particularly for outdoor excursions. Among fans of alternative packaging, outdoor events remained the primary occasion for the use of these products, which also include mini bottles and beverage packs.

More survey results are available at gallowinetrends.com.

N.C. Wines

The website ncwine.org offers a wealth of information about award-winning wines across North Carolina, including its three main viticultural areas: Yadkin Valley, Swan Creek and Haw River Valley. Its resources include a clickable map and a field where you can input dates and select locations to search for upcoming wine events.

Summer Energy Efficiency Crossword Puzzle

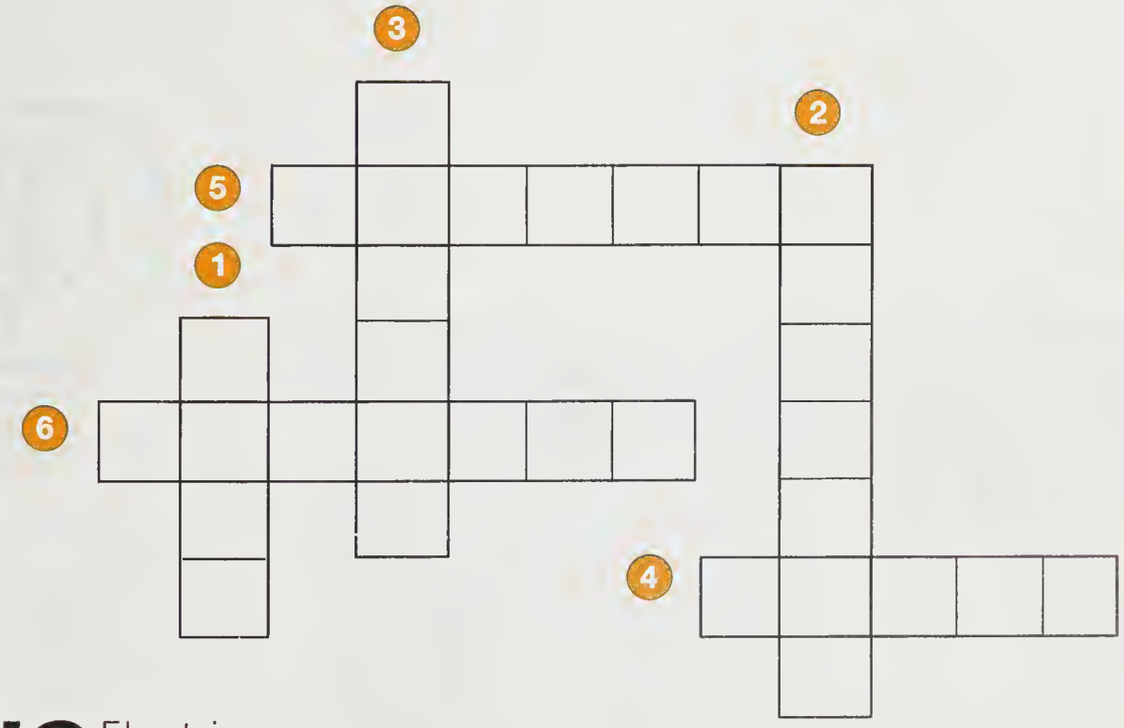
There are many ways you can practice energy efficiency in your home. Use the word bank below to complete the crossword puzzle. Be sure to tell mom and dad about these energy efficiency tips so you can practice at home!

DOWN

1. Use ceiling _____ to circulate cool air.
2. Taking _____ are more energy efficient than taking baths.
3. Always turn the _____ off when you leave a room.

ACROSS

4. Plant shade _____ around your home.
5. Open _____ on cool evenings and turn off the air conditioner.
6. Close shades, drapes and blinds during the _____ to help keep warm air out of your home.



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Source: NRECA

Taking Stock

Create a home inventory of valuables, just in case

June marks the beginning of hurricane season, which continues until the end of November. With hurricanes comes the potential for damage and insurance claims. According to the National Association of Insurance Commissioners (NAIC), it's important to have an inventory of valuable belongings in case you ever do need to file an insurance claim.

Farmers Insurance agent Barry Carson points out that during a tragedy, people don't always think clearly and can forget previous possessions that were destroyed. A record complete with pictures, receipts and other information can be invaluable, he says.

The simplest way is to take photos with your phone or videotape from room to room. However, apps can organize your inventory and help you record relevant information. NAIC's mobile MyHome app allows people to quickly capture images and descriptions of belongings, to help determine how much insurance is needed and assist in the event of a claim. The free app is for iPads and iPhones only. Liberty Mutual's free Our Home Gallery app works for Android devices as well as iPhones and iPads. It also helps you catalog your belongings and is available whether you are a Liberty Mutual customer or not. You can download it at play.google.com; both apps are available at itunes.apple.com.

Insurance agents recommend keeping careful records of jewelry and fine art, as well as family heirlooms. Copies of original sales receipts and appraisals also are helpful. When you create a record of your valuables, Carson suggested thinking carefully about where to store that information.

"You don't want it on your computer that may be in the house, because it may be gone, stolen or a total loss," he says. "So, you want to make sure it's backed up somewhere offsite. A lot of insurance companies will even upload the photos into the policy, to secure those in the cloud as well for their clients.

Nearly half of all Americans do not have a home inventory, according to the NAIC, which Carson said puts them at risk for inadequate coverage if those valuables ever need to be replaced.

Making a Record of your Valuables

NAIC suggests these steps to complete a home inventory:

- Make a list of possessions, including "celebration" purchases such as jewelry and fine art.
- Include collections and furniture and items related to everyday leisure time, from flat-screen televisions to custom guitars.
- Take note of commonplace items such as toys, CDs and clothing. Do not forget items you may only use occasionally such as holiday decorations, sports equipment, tools and high-ticket items kept outside your home such as landscape art and swing sets.
- Attach copies of original sales receipts and/or appraisal documents to your inventory. Note model and serial numbers.
- Group your possessions into logical categories, i.e., by hobby, by room in your home.
- Carefully photograph or videotape each item and document a brief description including age, purchase price and estimated current value.
- Remember to open drawers and closets to document what's inside.

Store your home inventory and related documents in a safe, easily accessible place such as a secured site/file online, a fire-proof box or in a safe deposit box. You may want to share a copy with your insurance provider for necessary updates to your coverage.

Summer Evening Serenity

The sunset descending on Holden Beach.

Elaine Kirkman
Sanford
Brunswick EMC

The Photo of the Month comes from those that scored an honorable mention from the judges in our 2016 photo contest ("Carolina Country Scenes," February 2016). See even more at the Photo of the Week on our website **carolinacountry.com**.

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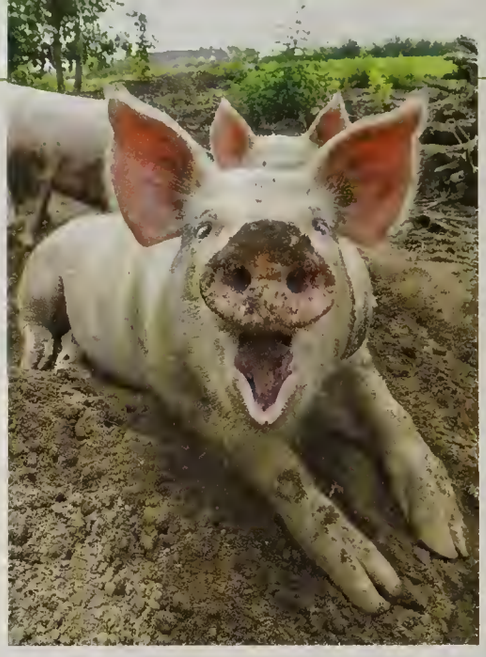
Charlotte Observer



Lance Cracker trucks in Charlotte in the 1940s. Right: An early Lance Crackers "vending machine." These machines worked on the honor system.

North Carolina Department of Natural and Cultural Resources

Nabs for a Nickel

(Through a business largely born by accident)

In 1913, food broker Phillip L. Lance ended up with 500 pounds of Virginia peanuts that he couldn't use. Instead of returning them to the farmer, Lance roasted the nuts and sold them in small bags for a nickel.

Inspired by his initial success, Lance moved his business out of his home and into a factory on Charlotte's College Street, where he roasted peanuts and made peanut butter. His wife, Mary, and daughters are credited with first spreading peanut butter between two crackers around 1915.

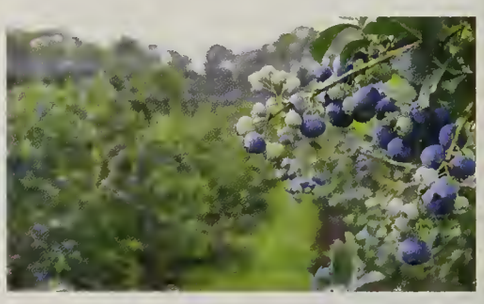
The Lance company began making its own crackers in 1938, though candy was actually its primary product through World War II. Lance vending machines first appeared in 1954, and the company went public in 1961. Throughout this entire time all of the company's individually packaged products were sold for a nickel. In 1970, Lance Crackers produced the last of its trademark five-cent items.

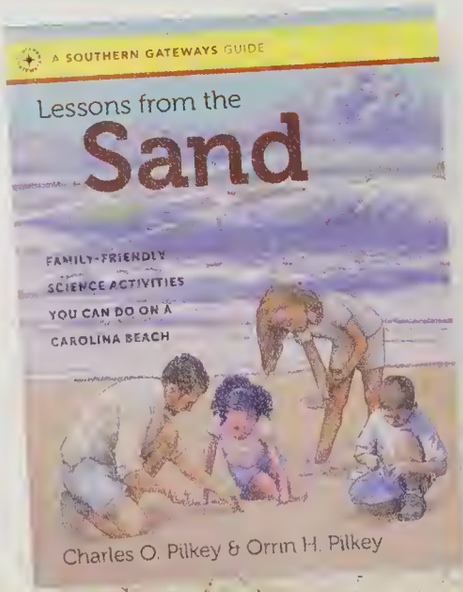
Though prices changed, the company continued to be successful, expanding into grocery stores in 1982 and acquiring competitors. In 2010, Lance merged with snack company Snyder's of Hanover.

Farm Tourin'

There's an opportunity to learn more about farming during the annual ASAP Farm Tour. Set for Saturday and Sunday, June 25–26, it features a variety of working family farms across the central mountains in western North Carolina. The self-guided tour is a chance to learn how food grows, taste fresh fare and hang out with farm animals. Participants buy a pass (one per car) and choose their own routes. Sites include farms in Madison, Buncombe and McDowell counties.

828-236-1282 or asapconnections.org.





Lessons Gleaned from Beaches

Ever wonder why shells are colored differently? Or where sand comes from? Featuring more than 40 fun hands-on activities for families with children, "Lessons from the Sand" reveals the science behind the amazing natural wonders found on North Carolina and South Carolina beaches. The easy-to-do experiments in this new book help parents and kids discover the ways water, wind, sand, plants, animals and people interact to shape constantly changing beaches.

Featuring colorful illustrations and instructions, most activities require nothing more than an observant eye and simple tools found at local stores. You'll learn about geology, weather, waves and currents, and critters and environmental issues that threaten them. There's also indoor activities for rainy days and nighttime discovery activities. Co-authors Charles O. Pilkey is an artist and writer living in Mint Hill, and his father, Orrin H. Pilkey, is James B. Duke Professor Emeritus of Earth Sciences at Duke University. 240 pages, 212 color illustrations, 39 figures, six maps, 14 tables. Softcover, $19; e-book $18.99. 800-848-6224 or uncpress.unc.edu.

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comp at $199

34241296

LIMIT 3 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 9/25/16. Limit one coupon per customer per day.

SUPER COUPON

27 LED PORTABLE WORKLIGHT/FLASHLIGHT

LOT 67227 shown
69567/60566/62532

Customer Rating ★★★★½

SAVE 58%

8 batteries included.

$2.99

comp at $7.15

34252708

LIMIT 9 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 9/25/16. Limit one coupon per customer per day.

SUPER COUPON

12,000 LB. ELECTRIC WINCH WITH REMOTE CONTROL AND AUTOMATIC BRAKE

LOT 61256/60813/61889
68142 shown

BADLAND

SAVE $433

Customer Rating ★★★★½

$319.99

comp at $752.99

34267797

LIMIT 3 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 9/25/16. Limit one coupon per customer per day.

WOW SUPER COUPON

9 PIECE FULLY POLISHED COMBINATION WRENCH SETS

PITTSBURGH

Customer Rating ★★★★½

SAE	METRIC
LOT 69043	LOT 42305
42304 shown	69044
	63171

YOUR CHOICE

SAVE 66%

$5.99 ~~$8.99~~

comp at $17.97

34224567

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SUPER COUPON

12" SLIDING COMPOUND DOUBLE-BEVEL MITER SAW WITH LASER GUIDE

CHICAGO ELECTRIC POWER TOOLS

SAVE $264

Customer Rating ★★★★

LOT 69684 shown
61969/61970

$134.99

comp at $399

34239615

LIMIT 4 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 9/25/16. Limit one coupon per customer per day.

WOW SUPER COUPON

NEW

900 PEAK/700 RUNNING WATTS 2 HP (63 CC) 2 CYCLE GAS RECREATIONAL GENERATOR

Customer Rating ★★★★½

LOT 60338/69381 shown

SAVE $78

$89.99

~~$124.99~~

comp at $168.97

34241936

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- 100% Satisfaction Guaranteed
- Over 30 Million Satisfied Customers
- No Hassle Return Policy
- Lifetime Warranty On All Hand Tools

HarborFreight.com
800-423-2567

I Remember...

Lone Ranger Days

This photo was taken around 1950 in South Hominy Valley at the foot of Mount Pisgah. There is a mountain behind the house and Davis' Creek just down the hill. This is my dog Butch. He also subbed as Silver, the Lone Ranger's horse (I am the Lone Ranger pictured). The cat in the photo is named Boots. The chickens were eventually Sunday dinners.

I loved Sundays, except when that dratted old preacher came to eat. He would get first choice [of the chicken], which meant a back or a wing for me. When not playing cowboys and Indians, I would spend time pink hook fishing off the old oak bridge, and damming up the cold water was a must. I made slingshots, bows and arrows and cured them out behind the wood-burning cook stove. And there were a mountain of trees to climb. Shoes were for Sunday in the long, hazy days of summer. We had running water (you had to run and get it). The outhouse was in the woods and I seldom went all the way at night. I had heard about the "painters" (black panthers) coming around at hog-killing time—many times at night did I hear hounds running some critter and wonder what they were after.

I would climb into an old worn-out canoe and ride the rivers of my memories every chance I had. I never knew who might show up and take a ride, might even be The Lone Ranger. Think I will take a ride now.

Jack Burris, Statesville, EnergyUnited

This portrait of Rana Williams' great-grandma, great-great grandma and family was taken only 30 years after the end of the U.S. Civil War.

Photographic Memories

When I was just a kid I loved looking through the photo albums at my grandma's house. A particular favorite of mine is a photo of my great-great grandma with my great-grandma and my great-great aunts and uncles when they were all younger. I can remember that my grandma loved this photo too. It is a reminder of the days of cowboy hats, long dresses and better times for some. And during this time most everyone lived on a farm and had large families.

This old family photo also reminds me about all the times my grandma would speak about it. Grandma often mentioned that the photo was taken in 1895, and that my great-grandma was only four years old in the photo. She also mentioned that my great-grandma stood on the left next to my great-great grandma who is pictured in the center.

Everyone in the photo was dressed in their Sunday best. Back in those days, family photos were scarcely taken because most did not have the time or the money. I am very happy I have this photo. It is a way to remember my ancestors, and their way of living, a long, long time ago.

Rana Williams, Hayesville, Blue Ridge Mountain EMC

SEND US YOUR *Memories*

Guidelines:

- We'll pay $50 for those we publish in the magazine. We'll pay $50 for those we publish in the magazine.
- Approximately 200 words.
- Digital photos must be at least 600kb or 1200 by 800 pixels.
- Only one entry per household per month.
- Send a self-addressed, stamped envelope if you want yours returned.
- We retain reprint rights.
- Include your name, mailing address and the name of your electric cooperative. Also, your phone number or email address in case of questions.
- **Online:** carolinacountry.com/contact
  Email ("Memories" in subject line.): iremember@carolinacountry.com
  Or by U.S. mail: I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

June Events

Liver Mush Festival
June 3, Marion

Mountains

Liver Mush Festival
June 3, Marion
828-652-2215
On Facebook

Antique Tractor & Engine Show
Rides, Olympics
June 3–4, Waynesville
828-593-8327
olesmokytractor@gmail.com

Studio Tour
Meet artists creating works
June 3–5, West Jefferson
336-846-2787
ashecountyarts.org

Toe River Studio Tour
Watch craftspeople work
June 3–5, Burnsville
828-682-7215
toeriverarts.org

Toe River Studio Tour
June 3–5, Burnsville

SDS FUNdraiser
More than 40 vendors
June 4, Hudson
828-215-0859
justforyouevents-nc.wix.com/site

A Cool 5 Race Weekend
June 10–11, Beech Mountain
828-387-3003
acool5race.com

A Cool 5 Race Weekend
June 10–11, Beech Mountain

Friday Night Concert
Classic country
June 17, Marion
828-652-2215

Gateway Trails Biking
June 17–18, Kings Mountain
704-734-2051
kmgatewaytrails.org

Sumer Kickoff Festival
Shop local vendors
June 18, Lenoir
828-215-0859
justforyouevents-nc.wix.com/site

RiddleFest
Tribute to native musician
June 25, Burnsville
828-682-9654
burnsvilletowncenter.com

Farm Tour
June 25–26, Buncombe, Madison & McDowell counties
828-236-1282
asapconnections.org

ONGOING

Woody's Original Mountain Music
Fridays, June 3–24, Marion
828-290-2377
On Facebook

Chair Caning Workshop
June 4–18, Asheville
828-707-4553
silverriverchairs.com

Tallent & Pallette Paintings
Art by club members, Eddie Tallent
June 6–July 22, Valdese
828-879-2129
visitvaldese.com

The Melville Boys
Comedy about brotherhood
June 25–July 3, Blowing Rock
828-414-1844
ensemblestage.com

Liberty Mountain Revolutionary Drama
June 24–July 17, Kings Mountain
704-730-9408
libertymountaindrama.com

Carolina Compass Policy

- We list events in the magazine as space allows and may edit as needed. We list more events on carolinacountry.com in the Carolina Adventures section.
- All submissions must be made on carolinacountry.com in Carolina Adventures/Submit an Event. Deadlines are posted there, too. ***(No email or U.S. Mail.)***
- Public venue events only. *(No business-hosted events.)*
- Limit 3 events per venue per month in the magazine. More posted online.
- For accuracy, ongoing events must be submitted monthly.
- Public contact required: website, email or phone number.

Listing Deadlines:
For Aug.: June 25
For Sept.: July 25

Submit Listings Online:
Visit carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website.

Farm Tour
June 25–26, Buncombe, Madison & McDowell counties

Horn in the West
Outdoor colonial drama
June 25–Aug. 6, Boone
828-264-2120
horninthewest.com

Jam Session
Fridays, Lake Toxaway
828-966-4060
toxawaycc.com

Piedmont

Good Bug Identification
June 2, Monroe
704-283-3822
mastergardenersunioncountync.org

Blues 'N Brews Festival
June 4, Fayetteville
910-323-4233
cfrt.org

Youth Fishing Day
June 4, Fayetteville
910-433-1018
ncwildlife.org

Pet Fest
Experts answer questions, vendors
June 4–5, Fayetteville
910-486-4636
On Facebook

Civil War Battle Re-Enactment
June 4–5, Huntersville
704-875-2312
lattaplantation.org

Master Gardener Garden Tour
June 4–5, Lexington
336-210-5365

Spring Concert in the Garden
Jeanne Jolly and her band
June 9, Fayetteville
910-486-0221
capefearbg.org

Sponge Out of Water
Spongebob movie
June 10, Roxboro
336-597-1709
www.personcounty.net

Firefly Watch
June 15, Fayetteville
910-486-0221
capefearbg.org

Field of Honor
June 1–24, Fayetteville

There are more than 200 farmers markets in North Carolina. For one near you, visit ncfarmfresh.com/farmmarkets.asp

Ladies Night Out
Vendors, entertainment
June 17, Fayetteville
910-323-4848
fayobserver.com/events

Rags to Riches
Summer show for kids
June 17, Roxboro
336-597-1709
www.personcounty.net

Hot Jazz & Cool Art
June 24, Fayetteville
910-323-1776
theartscouncil.com

After Five
June 24, Fayetteville
910-323-1934
faydogwoodfestival.com

Fish The Magish Magic Show
Summer show for kids
June 24, Roxboro
336-597-1709
www.personcounty.net

Pyrate Invasion & Artisan Market
Performers, sword fighting
June 25, Denton
336-250-1742
On Facebook

Korean War Remembrance Ceremony
June 25, Fayetteville
910-643-2778
asomf.org

Legends & Mysteries of England
Sandwiches, tea, lecture
June 26, Charlotte
704-568-1774
charlottemuseum.org

ONGOING

Tarheel Moments
Art display, reception
June 1–30, Roxboro
336-597-1700
www.personcounty.net

Field of Honor
June 1–24, Fayetteville
910-222-3382
ncfieldofhonor.com

Fayetteville Observer Exhibition
Paper's covers over time
June 24–30, Fayetteville
910-433-4157
visitfayettevillenc.com

Summer Music Festival
June 27–July 1, Fayetteville
910-433-4690
fayettevillesymphony.org

Coast

Sunset Beach Concerts
June 1, 8 & 15, Sunset Beach
910-367-6396
sunsetbeachconcerts.com

Kayak for the Warriors
Reception, auction
June 2, Pine Knoll Shores
252-808-2998
k4tw.org

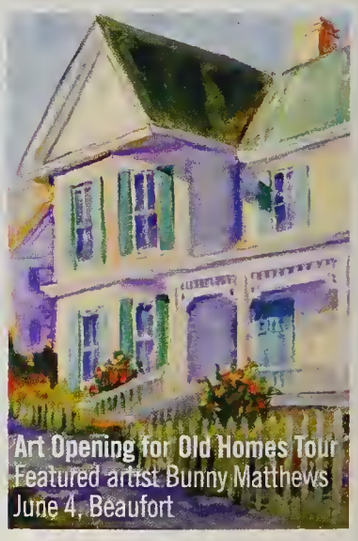
Vocalist Collin Raye
Plus additional performers
June 2, Manteo
252- 423–3039
islandopry.com

Ocrafolk Festival
June 3–5, Ocracoke Island
252-921-0260
ocracokealive.org

Heritage Farm Fest
June 4, Edenton
252-333-5540
www.visitedenton.com

Kayak/Paddleboard Race
June 4, Pine Knoll Shores
252-808-2998
k4tw.org

Art Opening for Old Homes Tour
Featured artist Bunny Matthews
June 4, Beaufort
252-728-5225
beauforthistoricsite.org



Art Opening for Old Homes Tour
Featured artist Bunny Matthews
June 4, Beaufort

KNOW BEFORE YOU GO

In case something changes after Carolina Country goes to press, check information from the contact listed.

Beaufort Historic Site Kick Off Party
June 4, Beaufort
252-728-5225
beauforthistoricsite.org

Ammon Blueberry Festival
Pancake breakfast, games
June 4, Elizabethtown
910-588-4938
jpcoble@intrstar.net

Handmade–Homegrown Festival
Crafts, music, vendors
June 4, Scotland Neck
252-826-3152
townofscotlandneck.com

S&D Gun & Knife Show
June 4–5, Greenville
252-321-7671
ncgunshows.com

Liverpool (Carolina Beatles Experience)
Sunday in the Park series
June 5, Greenville
252-329-4567
greenvillenc.gov

SummerFest Movie Night
June 9, 16, 23 & 30, Shallotte
910-754-4032
townofshallotte.org

Summer Festival
Arts, crafts, food
June 10–11, Washington
252-946-9168
wbcchamber.com

Truck & Tractor Pull
June 10–12, Newport
252-223-4019
newportfleamall.com

Tar River Community Band
Sunday in the Park series
June 12, Greenville
252-329-4567
greenvillenc.gov

Ladies Arm Wrestling Competition
June 16, Ocracoke
252-928-9688
wovv.org

Pro Am Water Ski & Night Jump
Competition for prizes
June 18–19, Eure
252-312-9187
beaverlakeskiclub.com

Emerald City Big Band
Sunday in the Park series
June 19, Greenville
252-329-4567
greenvillenc.gov

Old Homes Tour and Antique Show
June 24–25, Beaufort
252-728-5225
beauforthistoricsite.org

The Speculations
Sunday in the Park series
June 26, Greenville
252-329-4567
greenvillenc.gov

ONGOING

Alive After 5
Thursdays through June
Lumberton
910-874-4189
rediscoverdowntownlumberton.org

Art Walk
Fridays, Elizabeth City
252-338-4104
ecdowntown.com

Kayak for the Warriors
June 2, Pine Knoll Shores

An Appalachian Summer Festival
music • dance • theatre • visual arts • film
2016 FESTIVAL HIGHLIGHTS:
Reduced Shakespeare Company July 7 & 8
Eastern Festival Orchestra July 10
Pat Benatar & Neil Giraldo / Melissa Etheridge July 15
RIOULT Dance NY July 23
Pink Martini July 25
Jerry Douglas Band with special guest Mipso Aug. 6
The Avett Brothers (special post-festival concert!) Sept. 8
Plus chamber music, global film series, visual arts exhibitions, lectures & more!
appsummer.org • 800.841.ARTS
Boone, NC
Tickets on Sale Now! Appalachian

WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by June 6 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com

By email: where@carolinacountry.com

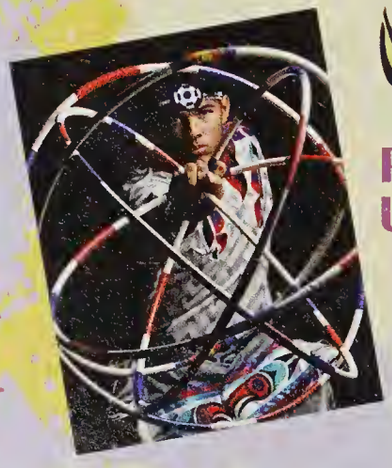
Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our July issue, will receive $25. To see the answer before you get your July magazine, go to "Where Is This?" on our website carolinacountry.com.

May winner

The May magazine scene, taken by Quandarius McKnight of Thomasville, features familiar elements of downtown Thomasville at Randolph and Main Streets, including the Big Chair (honoring the local furniture industry), railroad tracks and clock tower. Many submissions included the phrase "You can see the Big Chair!" More than 250 submissions included 224 correct and 35 incorrect — with guesses ranging from Spencer and Saluda to Hickory and Hamlet. The original wooden Duncan Phyfe chair was built in 1922 and lasted until 1936. The current chair built in 1951 is made from concrete. James Harris commented that the chair's base holds a time capsule to be opened in 2051. The town is often referred to as "Chair Town" or "Chair City." Mrs. Simon Downs added that the parking lot shown originally served as a pig lot that sold animals and vegetables. The town erected the clock in 2002 to commemorate Thomasville's 150th anniversary. It plays music on the hour as well. The winning entry chosen at random from all correct submissions came from Brunswick Electric member Thomas Shoaf of Supply.



lrda
no boundaries...

Promoting Culture, Pride, Unity and Community

June 24th - July 2nd, 2016
Pembroke, North Carolina

Miss Lumbee, 2016

48th Annual Lumbee Homecoming

Saturday, June 25, 2016 Event

Golf Tournament (Pinecrest Country Club)
Registration 7:30-8:30 am; Tee Off 9:00 am
Lunch 12:00

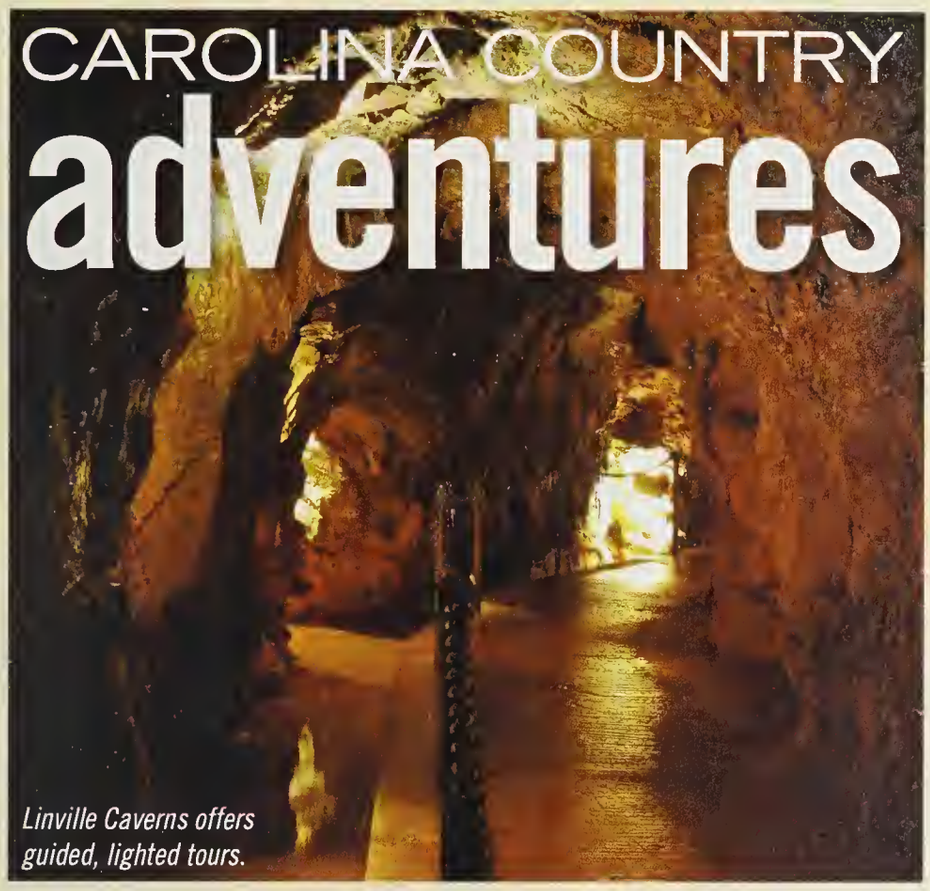
Saturday, July 2, 2016 Events

Lumbee Outdoor Market (Monday-Saturday)
9:00 am (Food, Arts, or Crafts) – 636 Prospect Road
5K Run/Fun Walk (Kiwanis)
Southeastern Fitness Center – Registration 5:30 am - 6:45 am – Race starts at 7:15 am
Car Show – 8:00 am - 3:00 pm – 636 Prospect Road – UNCP Campus
Parade – 10:00 am – 636 Prospect Road
AISES Pow-wow – 12:00 noon – UNCP Quad
Outdoor Gospel Concert – 6:00 pm - 9:00 pm – LRDA Office Complex
Lumbee Fireworks Sky Show – 9:00 pm – LRDA Office Complex

Sponsor:
Lumbee Regional
Development Association

For all events go to:
www.lumbeehomecoming.com
910-521-8602

CAROLINA COUNTRY adventures



Linville Caverns offers guided, lighted tours.

Discovering Caves, Falls and Cheeses

It's easy to fill a day exploring Linville Caverns and neighboring sites.

As the weather warms, you may yearn for cooler places. Linville Caverns, in western North Carolina's High Country, is cool in many ways. The state's only "show caverns," its mystical marvels wind deep inside Humpback Mountain.

During its lighted guided tours visitors see stunning, limestone formations, hear about minerals that influence the color of rocks there and discover the difference between stalactites and stalagmites (stalactites hold "tight" to the cave ceiling). They also enjoy learning about the small bats that hibernate there from late fall into early spring and seeing blind trout that live in the frigid underground stream.

Tours last 30–40 minutes, and a gift shop sells local artisans' crafts. Much of the tour is wheelchair-accessible, although there are places where wheelchairs can't go. Front baby-carrying packs are allowed but not other kinds of packs or strollers, so families hold little ones.

Bring a jacket. The caverns have a steady temperature of 52 degrees and don't be surprised if a few water drops fall on you.

In the Neighborhood

Travel south of the caverns, and within about a half-mile you'll find English Farmstead Cheese. This family farm has been in operation since the early 1900s, and began making and selling a variety of soft and hard cheeses on-site from its cows' milk in 2013. Other fare includes unique cheese spreads with flavors such as pineapple almond or seasonal fresh fruit, and other local products such as jams, meat, eggs, crackers and ice cream. Its cheeses sell out quickly from July to October, so plan to arrive early!

Or venture north of the caverns for a hike to the wondrous Linville Falls. Hiking from the gravel road trailhead off US Highway 221 can get confusing. Start instead at the Linville Falls Visitor Center (open May–October), about 5 miles away from the caverns. The Erwin's View trail is 1 mile to see Erwin's View only, or can be an overall moderate walk of 1.6 miles (some elevation gains and drops) to include several sidetrail overlooks, including sights of the upper and lower falls.

Note: At press time the Linville River Bridge (on the way if you are driving from the caverns) was closed but due to reopen around the end of May 2016. Check road status at go.nps.gov/blri-roads. Some GPS mapping systems don't recognize addresses in the areas mentioned, so check websites for directions before you go.

Want to make a day of it? Plan for extra time on the Blue Ridge Parkway, and consider exploring the towns of Marion, Little Switzerland and Spruce Pine—each offers interesting attractions.

—Karen Olson House

Know Before You Go

Linville Caverns | Open daily March through November (weekends December through February). Hours are 9 a.m.to 6 p.m. June through Labor Day. Admission: $8 adults; $7 seniors; $6 children; free for under age 5. Address: 19929 US 221 N., Marion, N.C., 28752. 800-419-0540 or linvillecaverns.com.

English Farmstead Cheese | Generally open 10 a.m. to 6 p.m. Friday and Saturdays (check website calendar for updates). Address: 19456 US 221 N., Marion, N.C., 28752. 828-756- 8166 or englishfarmsteadcheese.com.

Linville Falls | Best address: Near milepost 3.14, off the Blue Ridge Parkway. Visitor Center: 828-765-1045 or nps.gov (search "Linville Falls").

More information about the area is available at blueridgetravelers.com, highcountryhost.com and visitblueridgeparkway.com.

You can reach Charles Joyner by email: joyner@carolinacountry.com

UNSCRAMBLIT

The village of _ _ _ _ _ _ _ _ _ _ was
c m s e l b r a

founded in the early 19th century as a vacation spot for Charleston plantation gentry.

Use the capital letters in the code key below to fill in the blanks above.

A F C K L O R T means
s c r a m b l e

Paper Source

"I think that I shall never see
a poem lovely as a tree..."
The poet wrote, and having writ,
they felled a tree and printed it.

cgj

Create an Equation

4 7 8

Using these digits only, can you create an equation on the blanks below? The answer is a perfect square

_ _
x _ _
_____
_ _ _ _

DID YOU KNOW?

_ _ _ _ _ _ _ _ _
l e t i o t s v v

covers more than 200 square miles between Southern Pines and Fayetteville.

Use the capital letters in the code key below to fill in the blanks above.

A B F G O T R means
s o l v e i t

WORD for WORD

Can you fill in the blanks in each of the following to spell six different words. (There is more than one answer.)

d e _ _ d e
d e _ _ d e
d e _ _ a l
d e _ _ t e
d e _ _ r t
d e _ _ r e

Random Musings After Midnight:
Do squabs ever squabble?

For answers, please see page 41

© 2016 Charles Joyner

Advertisement

Vinegar, Better than Prescription Drugs?

If you want to lose weight and keep it off -- hate dieting and are tired of taking pills, buying costly diet foods or gimmick "fast loss" plans that don't work-- *you'll love the easy Vinegar way to lose all the pounds you want to lose. And keep them off!*

Today, the natural Vinegar weight loss plan is a reality. Written by noted vinegar authority Emily Thacker. Her just published book "Vinegar Anniversary" will help you attain your ideal weight the healthiest and most enjoyable way ever.

You'll never again have to count calories. Or go hungry. Or go to expensive diet salons. Or buy pills, drugs.

You'll eat foods you like and get a trimmer, slimmer figure-- free of fat and flab-- as the pounds fade away.

To prove that you can eat great and feel great while losing ugly, unhealthy pounds the natural Vinegar way, you're invited to try the program for up to 3 months on a *"You Must Be Satisfied Trial."*

Let your bathroom scale decide if the plan works for you. You must be satisfied. Guaranteed.

What's the secret? Modern research combined with nature's golden elixir.

Since ancient times apple cider vinegar has been used in folk remedies to help control weight and speed-up the metabolism to burn fat. And to also aid overall good health.

Now-- for the first time -- Emily has combined the latest scientific findings and all the weight loss benefits of vinegar into a program with lifetime benefits-- to melt away pounds for health and beauty.

If you like food and hate dieting, you'll love losing pounds and inches the Vinegar way.

Suddenly your body will be energized with new vigor and zest as you combine nature's most powerful, nutritional foods with vinegar to trim away pounds while helping the body to heal itself.

You'll feel and look years younger shedding unhealthy pounds that make one look older than their age.

According to her review of the findings and the opinion of the author, staying trim and fit the Vinegar way also provides preventive health care against the curses of mankind and other maladies.

In fact, the book's program is so complete that it also helps you:

- Learn secrets of ageless beauty and glowing skin
- Help build the immune system, to fight arthritis and disease
- Speed the metabolism to use natural thermogenesis to burn fat

PLUS so much more that you simply must use the book's easy Vinegar way to lose all the weight you want to lose--and enjoy all its other benefits-- before deciding if you want to keep it.

To Lose Pounds and Enjoy a 90-Day No-Risk Trial... Do This Now To Get Your Personal Copy of the Book:

Simply write "Vinegar Anniversary" on a piece of paper and send it with your check or money order of only $12.95 plus $3.98 shipping and handling (total of $16.93, OH residents please add 6.5% sales tax) to:

James Direct, Inc.
Dept. VA3119
500 S. Prospect Ave., Box 980
Hartville, Ohio 44632

You can charge to your VISA, MasterCard, Discover or American Express by mail. Be sure to include your card number, expiration date and signature.

Remember: You're protected by the publisher's 90-Day Money Back Guarantee if you are not delighted.

WANT TO SAVE MORE? Do a favor for a relative or friend and get 2 books for the low introductory price of $20 postpaid. You save $13.86.

Special Bonus - Act promptly to also receive "The Very Best Old-Time Remedies" booklet absolutely FREE. Supplies are limited so order now.

http://www.jamesdirect.com

LETTERS

Dentist Recommends Vinegar

I have some useful advice that others may be interested in. When I got my Dentures several years ago, the Dentist told me use vinegar to get the plaque off them. So - about once a week I soak them in the wonder liquid and Presto - they sparkle.

I have since gotten implants - Since I am not fond of the hygienist scraping the posts for cleaning - I clean them with Vinegar before going for my check-up. On my last visit to her, she couldn't believe how clean they were and praised me for it!

I then asked the Dentist that put the implants in if the vinegar would harm the metal posts and he informed me it is OK to use it.

- D. L., *New Braunfels, Tx.*

Vinegar Heals Ear Ache in 2 days.

I have been plagued with an itchy ear for several months. It then developed into an earache. I was able to cure both the itch and earache in two days.

- J. D., *Jacksonville, Fl.*

Vinegar Diet helps mother of the Bride

This is kind of embarrassing, but here goes.

My name is Sarah Pierce. I am 58 years old, and through the years (in my mind's eye) I always thought I looked pretty decent.

Especially so when our second daughter was married. I really considered myself a rather 'smashing' Mother of the Bride.

That is, until the wedding pictures came back. I just couldn't believe it.

Here I am, definitely portly - not lean and svelte like I thought. Unfortunately the camera doesn't lie.

Since then, I heard about Emily Thacker's Vinegar Diet and decided to give it a try. What surprised me most was how much I could eat yet I was losing weight and inches. It was like I was getting thin, thinner and thinner yet with the Vinegar Diet. I just thought you should know.

- S. P., *N. Canton, Oh.*

NEWS & RESEARCH

Simple Vinegar used to reduce cervical cancer deaths by 31%

The latest study about vinegar, shows it will prevent an estimated 72,600 deaths from cervical cancer each year.

This according to a study released at the American Society of Clinical Oncology annual meeting in Chicago, IL.

The results were based over a 12 year period tracking 150,000 women in Mumbai, India, between the ages of 35-64 years.

The conclusion, a simple vinegar test significantly reduces cervical cancer deaths. Immediate plans are to implement this simple and successful screening test in developing countries.

The study had been planned for 16 years, but after the results were analyzed and found to be conclusive it was stopped at 12 years.

Vinegar has always been used for its versatility in home remedies, cooking and cleaning. And now scientific and medical findings are showing its a simple, low cost, non-invasive and safe for the patient.

Scarlett Johansson confesses her apple cider vinegar beauty secret

When celebrity beauty Scarlett Johansson needs to keep her skin looking beautiful and glowing one would think she would turn to high priced beauty creams.

Not so, according to an article in the February 2013 issue of Elle UK. She uses simple apple cider vinegar and its natural pH balancing properties to keep her skin looking amazing.

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*Testimonials are atypical, your weight loss may be more or less. ©2016 JDI VA211507

By L.A. Jackson

New Books for Your Reading Pleasure

With ornamental and edible plants well on their way to summer maturity, maybe it's time to take a break, sit back and enjoy a good garden book. If you are so inclined—and reclined—here are some of the best new reads that have landed on my desk this season:

Growing Vegetables in Straw Bales

by Craig LeHoullier (Storey Publishing), 96 pages, $8.96 paperback

This small but informative book fine-tunes the fun and functions of straw bale gardening, which is popular with gardeners who have limited growing spaces. Setup basics, plant suggestions, growing tips and even what to do with the bales at the end of the growing season are all covered by LeHoullier, a resident of Raleigh.

Good Berry Bad Berry

by Helen Yoest (St. Lynn's Press), 100 pages, $18.95 paperback

Presented in a flip chart format, this "berry" interesting book features many fruit-producing plants commonly found in the North American wilds, and why they are good—or bad—for gardeners and their cultivated gardens. Yoest, another Raleigh author, provides the quick yet concise skinny on 40 different plants, making her latest work a solid resource for growers looking for the best in berries.

The Downsized Veggie Garden

by Kate Copsey (St. Lynn's Press), 176 pages, $19.95 hardback

Small is the new big for gardeners determined to grow plants in limited spaces, and Copsey's new book is a well-written reference that shows how to get a lot of results out of little land. The potentials of raised beds, containers, window sills, balconies and porches are all discussed, along with extensive coverage on the many vegetables suitable for minute gardens and information on space-saving fruits and herbs.

Moss Gardening

by George Schenk (Timber Press), 261 pages, $34.95 hardback

For those gardeners who see moss not as the result of a failure in landscape maintenance but rather as a distinctive, delicate addition that can infuse its special botanical magic to a garden scheme, here is your guide. Schenk's attention to details in establishing a moss garden make trying such a venture very tempting, but the gorgeous images spread throughout this book will create a pretty strong tug, too!

Garden To Do's

June

- ☐ Finding weird, swollen, misshaped leaves on your azaleas and camellias? The disorder called leaf gall has come to roost. The easiest way to deal with this foliar ugliness is to simply pick off these deformed leaves and toss them in the trash.
- ☐ For gardeners who insist on using Japanese beetle traps, remember: they tend to attract more of these bad bugs than would normally be in the area, so place them far, far away from plants such as roses, hollyhocks, rose-of-sharon, flowering crabapples and cannas that tend to be these pests' favorite meals.
- ☐ Continuous blooming plants such as alyssum, impatiens, ageratum, salvia, cleome, scabiosa, lobelia and vinca require little deadheading, meaning less snipping and more time to enjoy their flower shows!

July

- ☐ Now is not too soon to start planning for Halloween—pumpkin seeds started outdoors at the beginning of July should mature into plump jack-o-lanterns just in time for the season of goblins and ghosts.
- ☐ Harvest okra, cucumbers, squash, beans and indeterminate tomatoes once or twice a week—the more they are picked, the more they are stimulated to produce additional veggies well into the summer.
- ☐ Keep tomato plants well mulched, and water them when the rains don't come. This will not only maintain a steady production of tasty 'maters, but it will also help prevent blossom end rot, a common disorder that turns the bottoms of the fruits dark brown and yucky.
- ☐ Continue filling the bird bath with fresh water at least once a week, but also think about giving this refreshment stand for your feathery friends a good cleaning every month.

L.A. Jackson is the former editor of Carolina Gardener Magazine. lajackson1@gmail.com

Tip of the Month

Black spot has long been a big bugaboo for rose growers. There are fungicide sprays that, if started early in the growing season and applied regularly, will help prevent this foliage disease. However, since black spot thrives in damp conditions, it is also a good idea to plant roses in open areas where increased air circulation and more sun will reduce moisture on the leaves. If you need to water roses, do it early in the morning so the sun can quickly evaporate any extra drops that remain on the foliage. Installing a drip irrigation system around your pride and joy roses is another way to assure their leaves stay high, dry and pretty.

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By Patrick Keegan

PRODUCING POWER:

Can You Have a 'Zero Net Energy' Home?

Wind energy and both passive and active solar can help achieve Zero Net Energy.

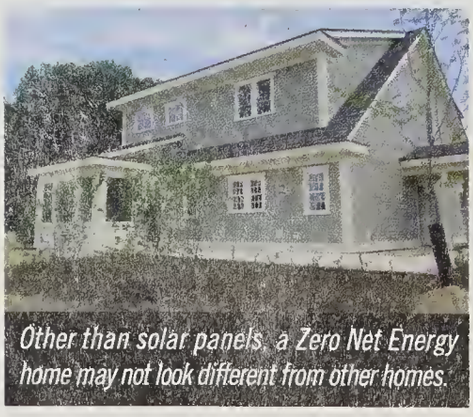
By Patrick Keegan and Amy Wheeless

People have been hearing more about Zero Net Energy (ZNE) homes or net-zero homes. These terms refer to homes where all of the energy used is completely offset by the production of on-site power, such as through rooftop solar photovoltaic panels.

Having a ZNE home doesn't mean that you are "off-grid"—your home still uses electricity from your electric co-op for daily needs, especially when the sun isn't shining. A ZNE home also means you can supply power back to the electric grid from your solar panels.

Usually, the term ZNE home describes a newly built home, as it is easier to custom-build an energy efficient home and properly size solar panels that will match the expected energy use. However, existing homes can also be retrofitted to be ZNE. But before you buy a large solar panel system, remember this mantra: "Reduce before you produce."

Efficiency options like heat pumps and increased insulation may not seem as exciting as solar panels, but they can produce a better return on your investment. First, make all the cost-effective energy efficiency improvements you can. You will likely be able to reduce the number of solar panels you need, while also seeing sustained energy savings over time.



Other than solar panels, a Zero Net Energy home may not look different from other homes.

Efficiency options like heat pumps and increased insulation may not seem as exciting as solar panels, but they can produce a better return on your investment.

A professional energy auditor is the first step. The auditor will walk through your home and perform a blower door test to see how tight your home is and help determine where the leaks are for sealing, as well as other energy efficiency improvements. The cost may range between $300–$600 for a professional audit with blower door testing. If you are interested in an energy audit, consult with your electric co-op. Some offer free simple walk through audits or may be able to advise you on a trusted professional auditor in the area.

Retrofitting a home to be ZNE will likely require investments—large and small. Upgrading your HVAC system to something more efficient is a large investment, but as heating and cooling usually makes up half of the average home's energy use, the upgrade will have a substantial impact, especially when combined with insulation improvements. Sealing up air leaks and replacing lightbulbs with LEDs are smaller investments but can also help you reach ZNE. Behavioral changes such as reducing cooling when you leave for the day and using the tried-and-true solar clothes dryer (a clothes line!) are also small ways to reduce energy use.

Once you have reduced energy use as much as possible, explore options to produce energy. Solar photovoltaic panels are the most common residential renewable energy installation, though a small wind energy system could be a good choice if your home is on one of the rare sites windy enough. If you are considering either option, talk with your electric co-op first.

There are also other ways to harness the sun's power. For example, solar water heaters can be cost effective. Or you can use passive solar techniques, like strategic window placement, landscaping and shading, and specific building materials to reduce sun and heat exposure in the summer.

Finally, electric co-ops are beginning to offer community solar programs, or "solar gardens," where co-op members invest in part of a larger solar installation that supplies the co-op's electric grid. Participating gives you the benefit of solar power without needing to install and maintain your own solar panels.

This column was co-written by Pat Keegan, who writes on energy efficiency for the National Rural Electric Cooperative Association, and Amy Wheeless of Collaborative Efficiency. For more information on retrofitting your home or building a new Zero Net Energy home, please visit: collaborativeefficiency.com/energytips or email Pat Keegan at energytips@collaborativeefficiency.com.

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By Hannah McKenzie

Controlling Mold

Moisture is mold's best friend

Q: I relocated to North Carolina recently. While moving into our rental house, I raised the blinds and found black spots that look like mold all around the edges of the window sashes. It was alarming to find since I have a new baby and want to make sure he isn't exposed to anything that can harm him. What should I do?

A: Mold and mildew can be terrifying when we're unsure of how it will impact our health, why it happened, and how to safely clean it up.

Mold spores are around us all the time floating in the air. But mold becomes troublesome when it becomes visible and grows in cool, damp parts of the home, such as shower curtains, near plumbing leaks, damp laundry, bathroom ceilings and single-pane windows.

Each person's health tolerance of mold is different. People who are sensitive to mold can experience symptoms such as nasal stuffiness, eye irritation, wheezing or skin irritation. Some people, such as those with serious allergies to molds, may have more severe reactions like fever and shortness of breath. Consider talking with your health care provider and reviewing literature from the United States Centers for Disease Control and Prevention to learn more.

The windows in your rental home are likely a single sheet of glass, called single-pane windows. When the outdoor temperatures are chilly and the inside of your home is warm, condensation can form on the interior side of the window glass—just like on a glass of iced tea. If the condensation isn't wiped or dried quickly, mold starts to grow because the window frame consists of wood (i.e., mold food). Some apartments avoid this by using metal frame single-pane windows.

Mold control methods

The best way to control mold is to control the moisture from window condensation in the following ways (in order from lowest to highest cost):

Routine maintenance

- Keep drapes and blinds open to help speed up drying time and lessen the opportunity for mold growth.
- Monitor windows for condensation and wipe away condensation as soon as possible.
- Wipe away mold or discolorations with a damp soapy rag when needed.

If window condensation isn't wiped or dried quickly, mold starts to grow on wooden frames.

Install exterior or interior storm windows

Installing these windows will minimize condensation. Storm windows must be closed to truly help. Checking for and wiping away condensation will still be needed, just not as often as windows without storm windows.

Go from single- to double-pane

Replace single-pane windows with double-pane windows to eliminate cold windows and condensation.

Convincing a landlord to add storm windows or install double-pane windows can be challenging due to the high cost, despite the likely benefits of less maintenance, improved comfort, fewer pests and lower energy bills. When looking for your next residence, confirm that windows are double-paned or have storm windows so you spend less or no time wiping away condensation or cleaning up mold.

Thankfully, double-pane windows have been required by the North Carolina Building Code for decades, so most people don't have to deal with the irritation or worry of window condensation and mold. Just those of us living in older homes.

For more information about mold, visit cdc.gov/mold/faqs.htm or call 800-CDC-INFO (800-232-4636). To learn more about improving or replacing windows, visit energy.gov/public-services/homes/windows-doors-skylights or call 202-586-5000.

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

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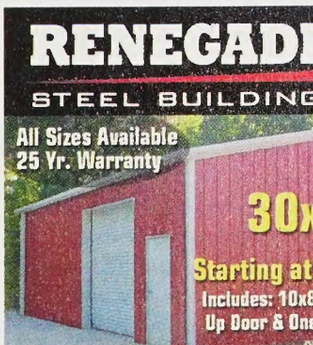

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- 8 ounces cream cheese, softened
- 1 cup milk
- 1 package (4 serving size) white chocolate flavored instant pudding
- 2 cups fresh strawberries, chopped
- 4 ounces (½ regular size tub) whipped topping

Beat cream cheese with an electric mixer in a large bowl.

Gradually add milk and beat until mixture is smooth. Add the pudding and beat for 1 minute. Fold in the strawberries and whipped topping.

Place in refrigerator; chill for 2 hours.

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Garlic Asiago Fingerling Potatoes

- 2 pounds fingerling potatoes, cut in half lengthwise
- 2 teaspoons salt
- 1 teaspoon garlic powder
- 1 teaspoon oregano
- ½ teaspoon basil
- ¼ teaspoon pepper
- ⅛ teaspoon hot red pepper flakes (optional)
- ¼ cup olive oil
- ¼ cup shredded Asiago cheese
- 2 tablespoons fresh snipped chives or parsley

Preheat oven to 375 degrees.

Dry cut side of potatoes with a paper towel.

Line a large baking sheet with parchment or spray with non-stick spray.

Mix the salt, garlic powder, oregano, basil, pepper, and hot pepper flakes in a small bowl. Place potatoes in a large bowl and add the olive oil. Toss to coat well. Lay potatoes, skin side down, on prepared baking sheet and sprinkle salt mixture and shredded Asiago evenly over tops of potatoes.

Bake for 30 to 40 minutes, or until potatoes are tender and cheese begins to brown.

Garnish with the chives or parsley.

Yield: 4–6 servings

Coconut Shrimp

- 1 pound large shrimp, tail left on
- ½ cup, plus 2 tablespoons flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- ½ teaspoon cayenne pepper
- 1 egg
- ⅓ cup ice water
- 1 cup shredded coconut
- oil for frying

Place enough oil in a deep, heavy skillet to reach about 1 inch up the sides. Alternately, you can use a deep fryer.

Heat oil to 375 degrees (a cube of bread should brown in 1 minute if oil is the correct temperature).

Remove shells and vein from shrimp, but leave tail on as it makes it convenient for dipping.

In a small bowl, mix the flour, baking powder, salt, cayenne and egg. Add just enough of the ice water to make a thick batter that will cling to the shrimp.

Place shredded coconut on a flat plate, dip shrimp in batter, then coat with coconut. Place shrimp in hot oil and deep fry for about 3 to 5 minutes on each side, or until golden brown.

Remove to parchment-covered plate to keep warm if frying another batch.

Yield: 3–4 servings

From Your Kitchen

Strawberry Pudding

- 1 quart fresh strawberries, sliced (save a few for the top)
- ½ cup sugar
- 1 small package strawberry Jell-O
- 2 small packages vanilla instant pudding
- 3 cups cold milk
- 1 cup sour cream
- 1 large tub (16 oz.) whipped topping
- 1 box vanilla wafers

Heat strawberries, sugar and Jell-O just enough to dissolve, stirring constantly. Cool. Mix pudding and milk, beat until it begins to thicken; add sour cream and fold in ¾ of whipped topping.

In a 9-by-13-inch pan, layer half wafers, strawberry mixture and pudding mixture. Repeat until all is used. Spread remaining whipped topping over pudding. Garnish with strawberries. Keep in refrigerator.

This recipe comes from Gail Austin of Four Oaks, a member of South River EMC.

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